

# THE CATHOLIC FAMILY CHECKLIST



from Catholic Sprouts

## DAILY

- Eat Together
- Pray Together
- Work Together
- Laugh Together
- Engage in Liturgical Season

- Reconcile Hurts

- Parents Bless Children
- Private Parental Prayer

## WEEKLY

- Holy Mass
- Faith Discussion
- Scripture Reading
- Family Recreation

## MONTHLY

- Confession
- Eucharistic Adoration
- Celebrate Feast Days
- Review Family Rules

## YEARLY

- Pilgrimage
- Day of Jubilee

# THE CATHOLIC FAMILY'S

# RULES



from Catholic Sprouts

1. We love God above anything else.
2. We honor God in what we do and say.
3. We keep Sundays holy and restful.
4. We are obedient to our parents.
5. We value our lives and the lives of others.
6. We respect our bodies and the bodies of others.
7. We respect the property of others.
8. We love the truth and value honesty.
9. We offer genuine love to everyone we meet.
10. We are grateful for the gifts we have been given.