



Famiglia Amoris Laetitia
Anno 2021 - 2022

Guide n.10

Video n.10



The Spirituality of Marriage and the Family

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1

Jesus lives in the family

Holy Father

“Every family wants to live in peace, in an environment in which everyone feels loved and understood. How can a family create a welcoming atmosphere? The family does not consist only of husband and wife, children, because **Jesus dwells in the marriage**. The Lord lives in the family truly and concretely. **He is communicated through acts of love** – concrete gestures **between husband and wife, between parents and children**. Caresses in a family are so important. When a family lacks caresses, we can say that winter has arrived in that family, an existential winter”.

“God’s love is proclaimed ‘through the living and concrete word whereby a man and the woman express their conjugal love’. The two are thus mutual reflections of that divine love which comforts with a word, a look, a helping hand, a caress, an embrace. For this reason ‘to want to form a family is to resolve to be a part of God’s dream, to choose to dream with him, to want to build with him, to join him in this saga of building a world where no one will feel alone’ ”. AL 321

Aymerich Family

“Today we want to share our home with you. It is our Domestic Shrine. This is a place of praise, of encounter with God, of prayer, where we try to develop our family ministry to **live as a domestic Church**”.

“Spirituality becomes incarnate in the communion of the family. Hence, those who have deep spiritual aspirations should not feel that the family detracts from their growth in the life of the Spirit, but rather see it as a path which the Lord is using to lead them to the heights of mystical union”. AL 316





Invitation to reflect

Through my acts of love, God can show affection to my spouse, to our children, to the people I meet. I reflect on this tremendous gift and how I live it.



Family activity

Jesus dwells in our home. Let us think together about the things that can help us remember that Jesus is not an image to venerate, but a living presence. We can turn to Him at any moment and in every room of our home.



Community or group activity

Let us invite families to think about or to create an image that can communicate Jesus' presence there to whoever enters their home.

Prayer

Thank you, Lord,
for your presence in our family.

Thank you because with Your strength
we can always get back up
and continue on our way,
overcoming difficulties,
problems, misunderstandings.

Help us to invent new gestures of love,
because “those who love live in joy”.
Help us make the dream for our family
that You have in your heart
come true.

Amen.



2

Called to proclaim

Holy Father

“How important it is to **communicate to married couples that** Christ is present in their sacrament! **That they are never alone**, not even when they feel desperate. For this reason, it is important that couples who have discovered **this secret communicate it to other couples**, like “word of mouth” that can enlighten every family with grace and hope”.

“Led by the Spirit, the family circle [...] [goes] forth and [spreads] life by caring for others and seeking their happiness. This openness finds particular expression in hospitality: [...] “Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares” (Heb 13:2). When a family is welcoming and reaches out to others, [...] it is ‘a symbol, witness and participant in the Church’s motherhood’. [...] The family lives its spirituality precisely by being at one and the same time a domestic church and a vital cell for transforming the world”. AL 324

“The family is thus an agent of pastoral activity through its explicit proclamation of the Gospel and its legacy of varied forms of witness, namely solidarity with the poor, openness to a diversity of people, [...] moral and material solidarity with other families, including those most in need, commitment to the promotion of the common good [...] beginning in the territory in which the family lives...”. AL 290

Aymerich Family

“Precisely because throughout our relationship we have been aware countless times of our limitations and irrelevance, we are aware that thanks to these moments of prayer, **God makes our Mission fruitful**”.

“Handing on the faith presumes that parents themselves genuinely trust God, seek him and sense their need for him, for only in this way does ‘one generation laud your works to another, and declare your mighty acts’ (Ps 144:4) and ‘fathers make known to children your faithfulness’ (Is 38:19)”. AL 287





Invitation to reflectI

Reflect on how and where the Lord is calling me to witness to the power of His presence in my life.



Family activity

Let us reflect in our family on the gift we have of giving everyone who enters our home the opportunity to encounter Jesus through the simplicity of how we welcome them.



Community or group dynamic

As a community, let us try to be “a family [that] is welcoming and reaches out to others” (AL 324). A “Welcome party” could be organized in which each family commits itself to invite someone who is distant from the Church, does not attend Church, or who is alone.

Prayer

Lord,
we have experienced the strength of Your presence
in solitude,
in suffering,
in difficult moments.

Help us share with other brothers and sisters
the joy of having encountered your living presence
in our lives and in our family.

Help us to be an open family,
one that knows how to welcome,
that knows how to take care of others.

Help us to transform the world
with Your love.

Amen.



3

Let us make this journey as families. Let us continue walking together!

Holy Father

“No family begins perfectly packaged. There is no “ready-made” family. Let us never lose hope because of our limitations but neither should we give up **looking for the fullness of love** and communion that has been promised to us”.

*“It is a profound spiritual experience to **contemplate our loved ones with the eyes of God** and to see Christ in them. This demands a freedom and openness which enable us to appreciate their dignity. [...] Jesus is our model in this, for whenever people approached to speak with him, he would **meet their gaze, directly and lovingly** (cf. Mk 10:21). No one felt overlooked in his presence, since his words and gestures conveyed the question: ‘**What do you want me to do for you?**’ (Mk 10:51). This is what we experience in the daily life of the family. We are constantly reminded that each of those who live with us merits complete attention, since he or she possesses infinite dignity as an object of the Father’s immense love. This gives rise to a tenderness which can ‘**stir in the other the joy of being loved**. Tenderness is expressed in a particular way by **exercising loving care in treating the limitations of the other, especially when they are evident**’ ”. AL 323*

*“All of us are called to keep **striving towards something greater than ourselves and our families**, and every family must feel this constant impulse. **Let us make this journey as families, let us keep walking together**. What we have been promised is greater than we can imagine”. AL 325*

Aymerich Family

“We focus our family prayer on two important moments during the day: the first is after lunch, when we recite contemplative prayer with our older children. The second, in the evening, all together, when we devote time to praise, with songs and dancing, in a very special moment around the Sacred Scriptures, where we try to apply the Word to our lives, to the concrete circumstances of each of us”.

“A few minutes can be found each day to come together before the living God, to tell him our worries, to ask for the needs of our family, to pray for someone experiencing difficulty, to ask for help in showing love, to give thanks for life and for its blessings, and to ask Our Lady to protect us beneath her maternal mantle. With a few simple words, this moment of prayer can do immense good for our families”. AL 318



Invitation to reflection

“What do you want me to do for you?” (Mk 10:51). Let us ask ourselves often, what we can do to make a family member happy.



Family activity

Let's plan a time of prayer as a family or, if we already do that, let's think together about for whom or for what particular situation to pray together.



Community or group dynamic

Let us think of a community act of welcoming. We could invite people, during the Mass at the exchange of peace, to “fix their gaze and contemplate with love” some person nearby.



Prayer

Lord,
Our family is not perfect
but we don't want to give up
seeking the fullness of love
that You promise to us.

Grant us, O Lord,
Your strength to overcome
our limitations and
to continue to journey together.

Help us to give to someone else
the joy of feeling loved.
Help us to fix our gaze
with love on each person,
just like You do.

Amen.

4

To make the home a Church

Holy Father

“Beloved spouses, help each other experience the beauty of the domestic Church, to **‘make your home a Church’**. In the parishes, let us organize opportunities for meeting, for prayer for families, for growth, for discussion, for adoration for the big things as well as for the small things. **We must be ‘a family of families’**, where everyone feels welcomed and loved. This is the Church.

But what happens when mom and dad argue and there’s a bit of a storm there? That’s human. Plates can fly, but only on condition that **peace is restored before the day ends**. A gesture, a smile, but peace first. Because, I tell you, the cold war the next day is extremely dangerous”.

“We pastors have to encourage families to grow in faith. [...] encouraging family prayer during the week, since ‘the family that prays together stays together’. [...] The word of God is not only good news in a person’s private life but also a criterion of judgement and a light in discerning the various challenges that married couples and families encounter”. AL 227

“The truth is that ‘family communion can only be preserved and perfected through a great spirit of sacrifice. It requires, in fact, a ready and generous openness of each and all to understanding, to forbearance, to pardon, to reconciliation’”. A “forgiveness, which is rooted in a positive attitude that seeks to understand other people’s weaknesses and to excuse them”. AL 106, 105





Invitation to reflect

Reflect on my behavior when there is a misunderstanding in the family. Is my goal to try to discover who is right or, first of all, to try to understand the other person's perspective?



Family activity

We could propose to our family a "week of forgiveness": it could be a period in which everyone dedicates themselves in their own way to forgive others. At the end of the week, we could share our experiences of forgiveness.



Community or group activity

During the current week, let us offer our community a moment of Eucharistic Adoration so that the family dimension of the community can come to the fore.

Prayer to the Holy Family

Jesus, Mary and Joseph,
in you we contemplate
the splendour of true love;
to you we turn with trust.
Holy Family of Nazareth,
grant that our families too
may be places of communion and prayer,
authentic schools of the Gospel
and small domestic churches.
Holy Family of Nazareth,
may families never again experience
violence, rejection and division;

may all who have been hurt or scandalized
find ready comfort and healing.
Holy Family of Nazareth,
make us once more mindful
of the sacredness and inviolability of the
family,
and its beauty in God's plan.
Jesus, Mary and Joseph,
Graciously hear our prayer.

Amen

Francis 19 March 2016

Invitation to read *Amoris Laetitia*

“The Spirituality of Marriage and the Family”

Amoris Laetitia, Chapter Nine, no. 313-325.

Link to the Apostolic Exhortation AMORIS LAETITIA



Aymerich Family: Rosa and Edu, A married Spanish missionary couple. They have six children and currently live in Costa Rica where they are on mission. .



Familial love: vocation and path to holiness

Holy Father,
we are here before You
to praise You and thank You for the great gift of the family.
We pray to You for families, consecrated in the Sacrament of Matrimony,
that each day they might rediscover the grace they have received,
and, as small domestic Churches,
they might know how to witness to Your Presence.
and the love with which Christ loves the Church.
We pray to You for families going through difficulty and suffering,
from illness, or from problems only You know:
sustain them and make them aware
of the way of holiness to which You call them,
so that they might experience Your infinite mercy
and find new ways to grow in love.
We pray to You for children and young people,
so they can encounter You
and respond joyfully to the vocation You have in mind for them;
and for their parents and grandparents,
so they may be aware
that they are signs of the paternity and maternity of God:
in caring for their children who, in body and spirit,
You entrust to them, as well as in the experience of fraternity
that the family can give to the world.

Lord, grant that each family
might live their specific vocation to holiness in the Church
as a call to be active in evangelization,
in the service of life and peace,
in communion with the priests and with every state in life.

Bless the World Meeting of Families
Amen.

Official Prayer for the *10th World Meeting of Families*
22-26 June 2022

www.amoristaetitia.va



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