

Naming What Matters

A VISION FOR YOUR DOMESTIC CHURCH



“We are about to found a school of the Lord’s service, in which we hope to introduce nothing harsh or burdensome.”

— *St. Benedict, Prologue to the Rule*

Your family is not just surviving—it’s being *sanctified*. You are already living your vocation, even in the chaos of daily life. In this first day of reflection, we invite you to see your home as a “school of the Lord’s service,” a place where love is taught through presence, forgiveness, joy, and perseverance.

1. “When my kids are grown, I hope they say...”

Write a few lines about what you hope your children remember about living in your home.

2. “Our home feels most like church when...”

Think about the sacred moments in your family life, even if they’re messy or brief. When do you feel God’s presence most tangibly in your home?

3. “Without thinking, we tend to prioritize...”

Be honest—what does your calendar or energy go to first? What unspoken rules might already be forming the way you live?

4. “But deep down, I wish we had more...”

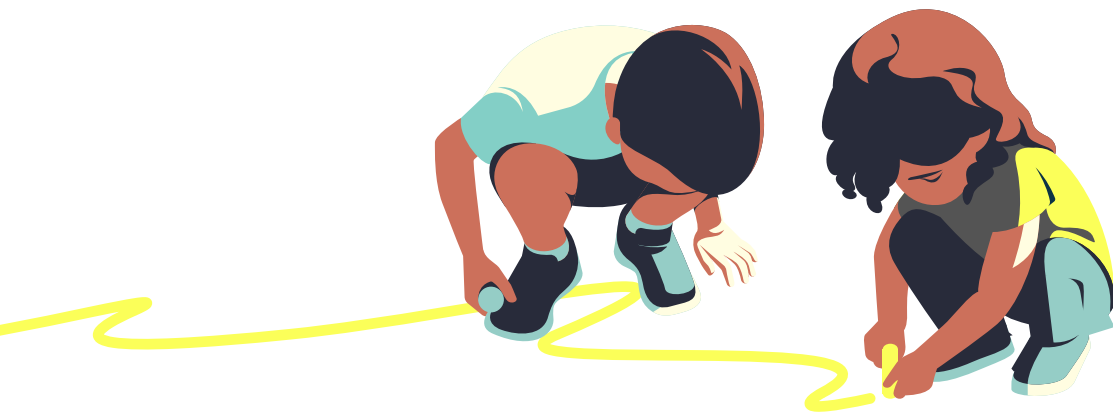
This isn’t about shame; just noticing the gap between your daily life and your deeper desires.

A Prayer for Vision

God of every holy home,
Help us see our family as You
see it—messy, beautiful, and full
of Your presence.

Teach us to live with intention.
Show us what truly matters.
Give us grace to shape a home
where Your love is known.

Amen.





Design Your Family Crest

WHAT VALUES GUIDE YOUR HOME?

Instructions (for kids and parents to do together):

For centuries, families and communities have created crests or coats of arms to represent what they stand for—what matters most to them. A family crest often includes symbols or images that show what the family values, hopes for, or wants to be known by.

Take some time today to design your own Family Crest. Use the next page (or grab a separate sheet) and divide the shape into four sections. In each section, draw or write something that captures:

1. A value your family thinks is important

KINDNESS COURAGE FAITH LOVE
2. Something your family does together that you love
3. A symbol that reminds you of God or your faith
4. A hope you have for your future as a family

At the bottom, come up with a family motto—a short phrase or sentence that captures what kind of home you’re building.

Draw a line to match each group with its motto.

FASTER, HIGHER, STRONGER

ONE FOR ALL AND ALL FOR ONE

INTEGRITY FIRST, SERVICE BEFORE
SELF, EXCELLENCE IN ALL WE DO

NEVER TICKLE A SLEEPING DRAGON

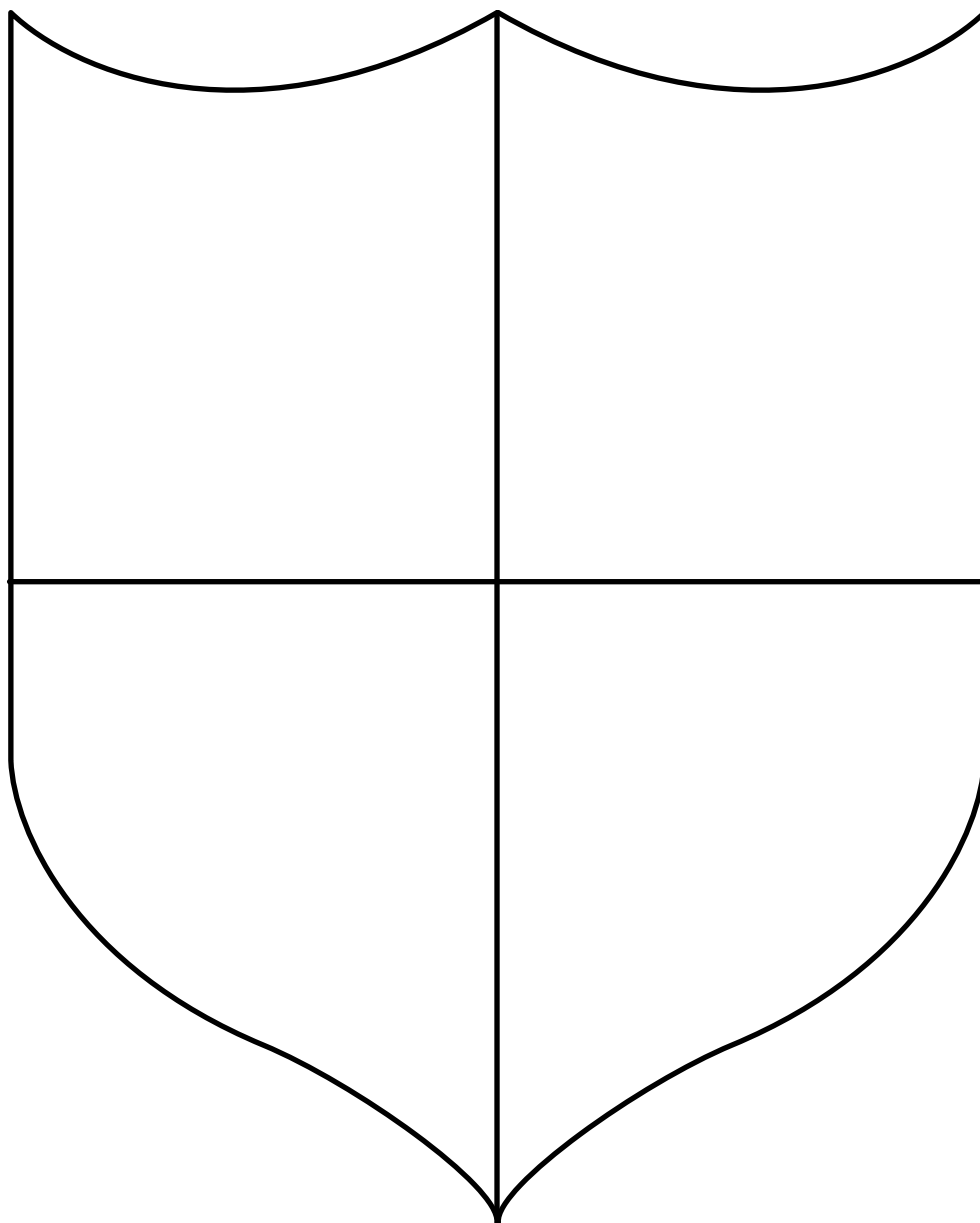
US AIR FORCE

THE OLYMPICS

HOGWARTS

THREE MUSKETEERS





FAMILY MOTTO

Share Your Family Crest

We'd love to see what you create! Take a photo of your family crest and share it on social media to inspire others on this journey.

Post using the hashtag: **#FamilyRuleOfLife**

And don't forget to **tag @HallowApp** so we can cheer you on!

Little Liturgies



RHYTHMS THAT SHAPE YOUR HOME

“We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing.”

— *St. Claire of Assisi*

Every home has a liturgy. Maybe you haven’t written it down or named it out loud, but it’s there—shaping your days and forming your hearts. The little habits that happen over and over again—how you start the day, how you eat meals, how you transition into bedtime—these patterns do something. They teach your family what matters.

What rhythms are shaping your family?

“A small habit we return to often is...”

Write down a few things your family does almost without thinking—like how you start the day, what you do at meals, or how you end the night.

“This habit makes our home feel holy...”

Is there a moment in your family’s daily rhythm that reminds you of God’s presence or feels particularly sacred?

“This habit feels more like survival...”

Are there patterns you’ve fallen into that leave you feeling rushed, disconnected, or reactive?

“A little habit I’d love to build is...”

No need for big changes—just name one small practice that could help your family turn your hearts toward God.

A Prayer for Everyday Holiness

Lord of every hour,
You are present in the big
moments and the smallest
routines.

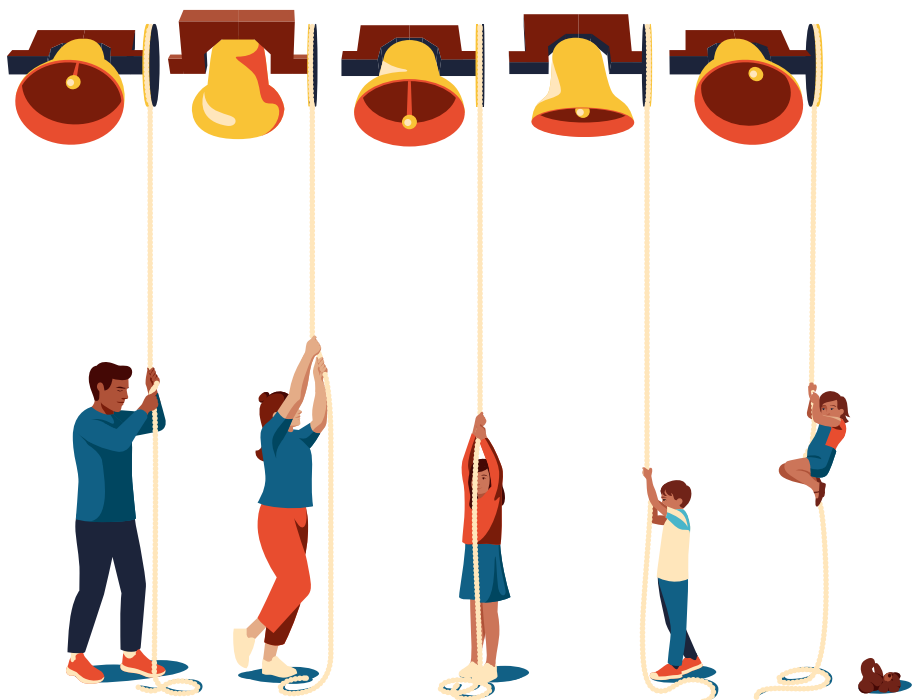
Open our eyes to the liturgies
we already live.

Help us notice what shapes
our hearts..

Bless the work of our days, the
transitions, the meals, the mess.

Let even the ordinary become
a place where Your love is
known.

Amen.



Noticing Our Family Liturgies

WHAT DO WE DO EVERY DAY THAT SHAPES WHO WE ARE?

Instructions (for kids and parents to do together):

Sit down together as a family and think about the small things you do every day or every week. What does a typical day look like? What are some repeated moments that feel special? What do you wish you had more of? What do you always seem to forget? On the chart below, list (or draw!) some of your family's "little liturgies." They can be silly, serious, holy, or mundane.

TIME OF DAY	WHAT WE USUALLY DO	WHAT THIS MIGHT BE TEACHING US
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MORNING		
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AFTER SCHOOL		
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DINNER TIME		
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BEDTIME		
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WEEKENDS		
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Bonus:

Circle one rhythm your family loves and try to name why it feels meaningful. Then, circle one area you'd like to make more prayerful or connected—and brainstorm how.

We'd love to hear from you!

Today's about noticing the little things that shape your days.

What's one small daily ritual your family loves—or one you'd like to begin?

Share a photo or reflection on social media using the hashtag: **#FamilyRuleOfLife**

And don't forget to tag **@HallowApp** so we can follow along!



A House of Prayer

MAKING SPACE FOR GOD IN THE EVERYDAY



“The word is very near to you, it is in your mouth and in your heart for your observance.”

— *Deuteronomy 30:14*

Your family doesn’t need perfect prayer habits to be a house of prayer. God is already near—already drawing you and your children into relationship. Today, we reflect on how prayer fits into your family life: not just in the set-apart moments, but in the daily routines—at the kitchen table, in the car, during diaper changes and bedtime stories.

Where is God already showing up?

“Our family prays most consistently when...”

Think about moments in your day when prayer feels natural—before meals, at bedtime, while driving?

“We’d love to introduce prayer into...”

What part of your day feels like it could hold space for something sacred?

“We want our kids to know God as...”

What do you hope your children believe about God from how you pray as a family?

“One prayer that’s become special to us is...”

Is there a short phrase, a song, a tradition, or a saint your family returns to?

A Prayer for a Home of Prayer

(TO BE READ OR PRAYED TOGETHER AS A FAMILY)

God of every moment,
You are near to us—in the silence and in the noise.

Draw our hearts to Yours.

Teach us to pray,
in whispered thanks and bold intercessions.

Make our home a place where Your name is
spoken with love.

Help us turn to You, again and again.

Amen.



Build a Prayer Corner Together

WHERE CAN GOD “MOVE IN” AT YOUR HOUSE?

Instructions (for kids and parents to do together):

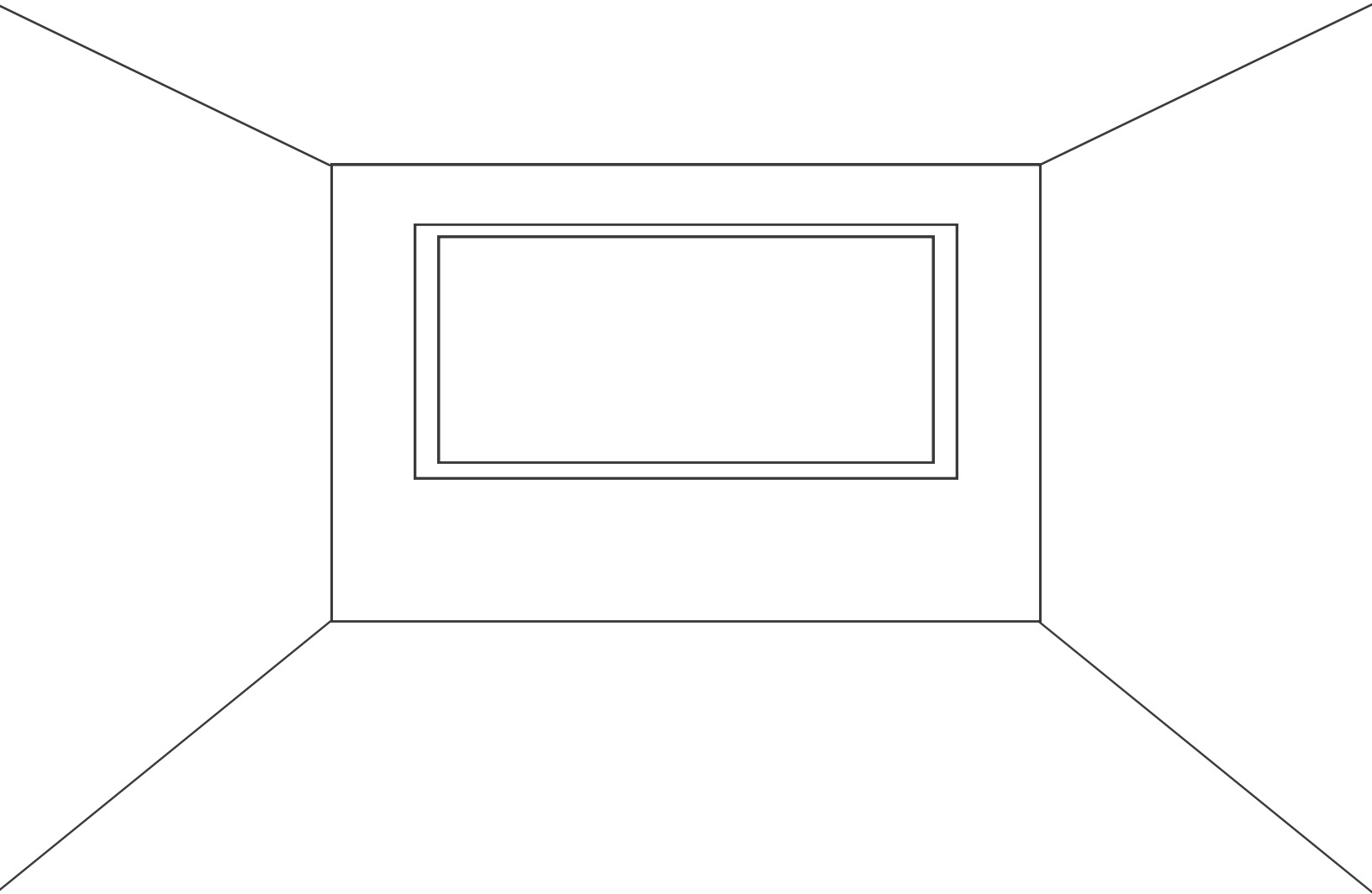
Imagine God asked to move into your home—not just into your heart, but into a little corner of your everyday life. Where would you put Him? What would you include to remind your family to pray and feel His presence nearby?

Today’s activity is to design your own Family Prayer Corner—a special space, big or small, where your family can pause and pray together.

On the page below, draw what your Prayer Corner could look like! Include anything you’d want to add—like:

A CROSS OR CRUCIFIX CANDLES OR A NIGHTLIGHT A BIBLE OR PRAYER BOOK
ART OF JESUS, MARY, OR A FAVORITE SAINT COZY PILLOWS OR A KNEELER
A SMALL BOX FOR PRAYER INTENTIONS

Then, underneath, write your family’s Prayer Corner name or motto (something like “The Cozy Corner,” “Prayer Place,” or “Where We Talk to God”).



“WE CALL OUR PRAYER CORNER...” _____

Let's inspire each other!

Did your family design a prayer corner today? We'd love to see it—whether it's a drawing, a real-life photo, or a cozy nook in progress.

Share your creation on social media using the hashtag: **#FamilyRuleOfLife**

And don't forget to tag **@HallowApp** so we can pray with you and cheer you on!

Try Again

DISCIPLINE, FORGIVENESS, AND
THE GIFT OF A SECOND CHANCE



“And you, fathers, do not provoke your children to anger
but bring them up with the training and advice of the Lord.”

— *Ephesians 6:4*

Discipline and forgiveness: In a family, both are essential: we set limits, we mess up, and we begin again. The way we correct and forgive one another tells a story about what love really means. Today’s reflection invites you to look closely at how your family handles conflict and repair. What messages do your kids receive when they’ve done something wrong? How do you reconnect after things fall apart?

How does your family repair after mistakes?

“When things go wrong in our home, we try to remember...”

Name a truth or phrase you want to anchor your approach to discipline.

“We’re still learning how to...”

What part of correction, boundaries, or forgiveness is hardest for your family right now?

“One way I want to grow as a parent is...”

Be honest and hopeful. What kind of parent do you want to become in hard moments?

“Our kids might not always obey, but I hope they know...”

What do you want to be true in their hearts—even when they mess up?



A Prayer for the Messy Middle

(TO BE READ OR PRAYED TOGETHER AS A FAMILY)

God of mercy,
Thank You for loving us in our weakness.

When we fall short, help us be gentle.

When we are hurt, help us forgive quickly.

Shape our family with Your love—
A love that corrects without condemning,

That forgives without keeping score,
And always begins again.

Amen.



Let's Start Over

TURNING FORGIVENESS INTO A FAMILY RITUAL

Every family makes mistakes. But what matters most is how we start over. Today's activity gives you a way to turn forgiveness into something your kids can see, touch, and practice.

On the next page are several "Start Over Stones." Each one invites your family to reflect on how you reconnect after a hard moment.

Directions:

Draw or write one idea in each stone. These can be simple rituals or comforting phrases—whatever helps your family repair and begin again.

1. A word or phrase we can say after a fight (e.g. "I forgive you," "Let's try again," "Still on your team")
2. A symbol that reminds us of God's love (e.g. cross, sunrise, open arms, heart, candle)
3. A small action we can do to reconnect (e.g. a hug, a high five, light a candle, pray a short prayer together)
4. A joyful reset we can do as a family (e.g. read a funny story, sing a silly song, bake cookies, dance it out)

Color them. Decorate them. Cut them out or keep them right here in the workbook.

Bonus Prompt:

Write a simple "Start Over" prayer or phrase that your family can use anytime someone needs a second chance.

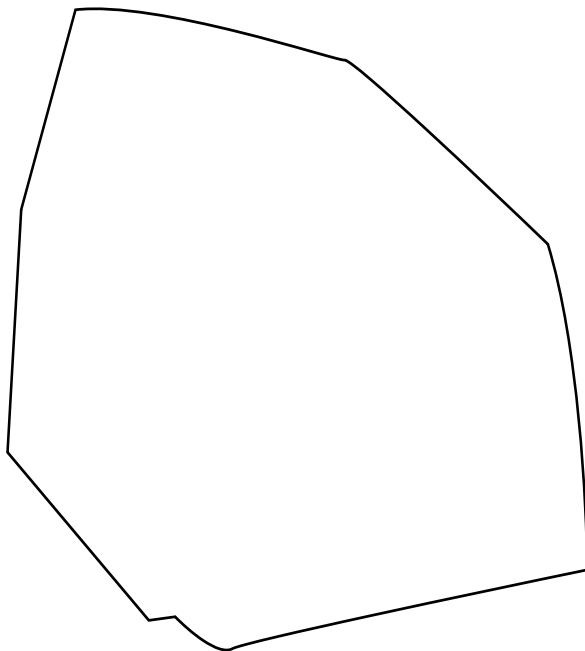
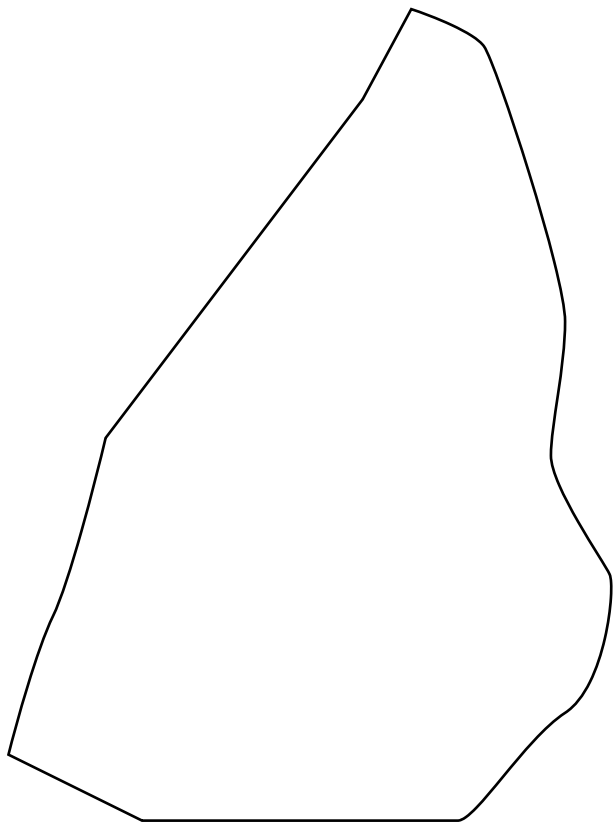
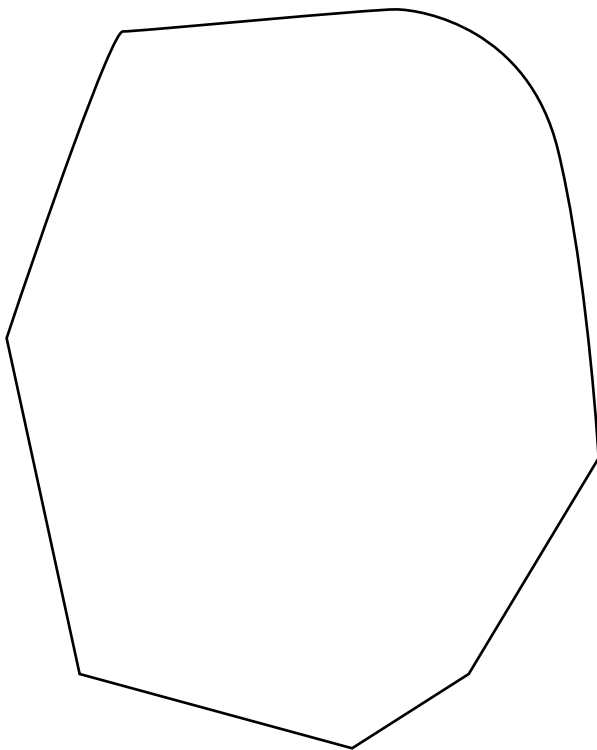
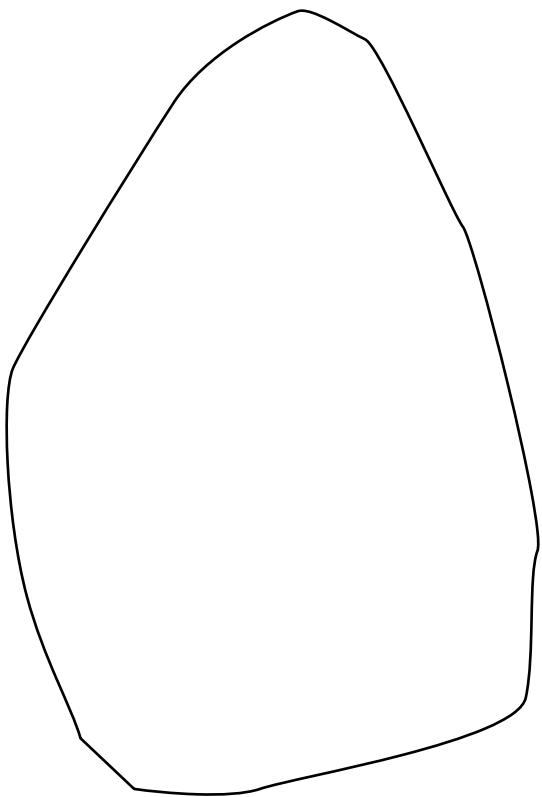
(e.g. "God still loves us. We still love each other. Let's start again.")

Our Family Start Over Phrase

Social Prompt

Today, share something that helps your family reconnect after mistakes: a favorite phrase, a little ritual, or even your "Start Over Stones." Post using the hashtag: #FamilyRuleOfLife and tag @HallowApp so we can cheer you on in the messy, grace-filled middle.







In the World, Not of It

BALANCING FREEDOM, BOUNDARIES,
AND HOSPITALITY IN FAMILY LIFE

“It is a caricature of freedom to claim that people are free to organize their lives with no reference to moral values.”

— *St. John Paul II*

Parenting today means helping our kids live in the world—but not be swallowed by it. This means setting loving boundaries around screens, friends, and media, while also opening our homes and hearts in hospitality. Today’s reflection invites you to think about what your family welcomes in—and what you protect your heart s from—as you guide your children toward true freedom grounded in love.

“What kinds of media, friends, and influences shape our family’s daily life?”

“Where do we want to set or adjust boundaries—and why?”

“How do we help our kids understand the reasons behind our family limits?”

“Who do we welcome into our home and family life?”

“Where might God be inviting us to open our hearts or pull back?”



A Prayer for Formation and Freedom

(TO BE READ OR PRAYED TOGETHER AS A FAMILY)

A Prayer for Formation and Freedom
God of truth and love,

Help us guide our children with wisdom and
tenderness.

Teach us to set loving boundaries,

So they may walk freely in Your light—
Standing strong in the world, without being
swallowed by it.

Amen.



The Door to Our Home

WHAT DO WE WANT TO OPEN THE DOOR
TO—AND WHAT SHOULD STAY OUTSIDE?

Right here on this page, you'll see two simple door shapes. One is open, one is closed. As a family, think about the kinds of things—habits, attitudes, media, friends, routines—you want to let in to your home. And what things you want to keep out to protect your hearts.

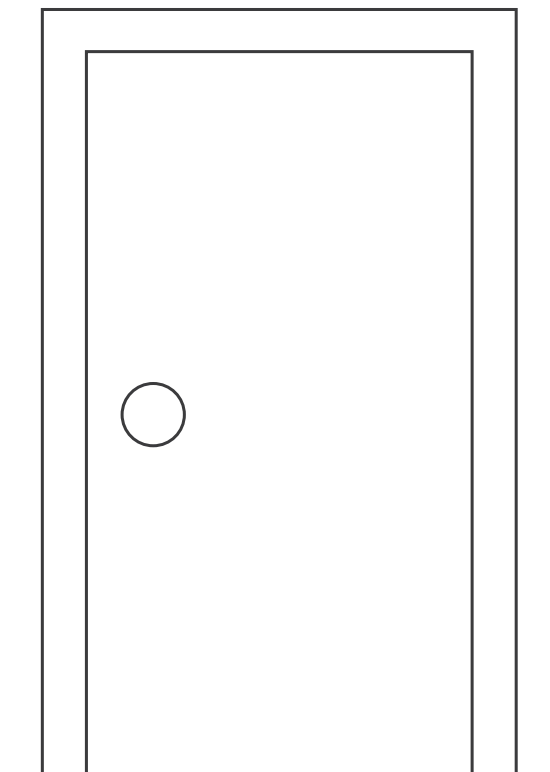
You can write, doodle, or color in the doors below with your ideas.

In the open door, draw or write the things that help your family grow in love, faith, peace, and joy.
(Examples: prayer, time outside, honesty, good books, music, helping each other)

In the closed door, draw or write things you want to keep outside your home and hearts.
(Examples: yelling, meanness, too much screen time, scary shows, comparison)

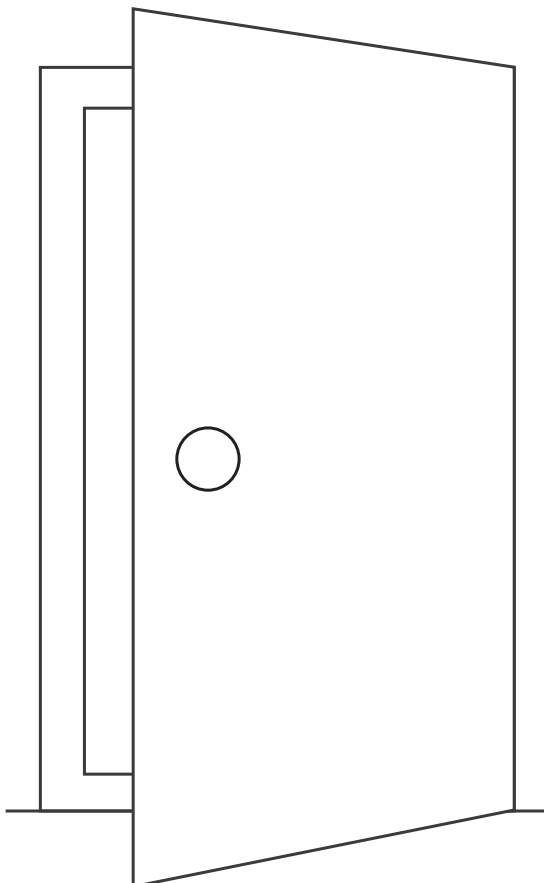
The CLOSED Door

Things we want to keep out



The OPEN Door

Things we want to let in





After you finish, go around and each finish this sentence out loud:
“Our home is a place where...”

Then, write your favorite response in the space below and decorate around it:

OUR HOME IS A PLACE WHERE...



SOCIAL PROMPT

Take a photo of your doors and post using **#FamilyRuleOfLife**
Tag **@HallowApp** so we can celebrate your creativity and faith.

Embracing the Sabbath

REST, RHYTHM, AND RENEWAL

“Remember the Sabbath day, to keep it holy.”

— *Exodus 20:8*

The Sabbath is an ancient gift, inviting your family to pause, rest, and remember that your worth is not measured by what you do but by who you are in God’s eyes. In the midst of busy schedules and constant “doing,” Sabbath offers a rhythm of renewal—a day set apart for love, rest, and deeper connection with one another and with God. Today’s reflection helps you explore what Sabbath rest looks like in your home, how you care for each other, and how the rhythms of Mass and family life shape your domestic church.

How does your family experience Sabbath rest?

“Our Sundays feel most like Sabbath when...”

Think about the moments during your day of rest when your family feels most connected, peaceful, or joyful.

“The way we support each other to rest is...”

How do you and your partner or family create space for mutual care and renewal?

“Our family’s rhythm at Mass includes...”

Reflect on how your family participates in the Mass together.
How do you help your children feel at home in God’s house?

“One small way we could make Sabbath feel more restful is...”

Consider one practical step to deepen Sabbath rest in your home or family life.





A Prayer for Sabbath Rest

(TO BE READ OR PRAYED TOGETHER AS A FAMILY)

God of peace and grace,

Teach us to rest in Your presence and to trust
that we are enough.

Help our family to slow down, to care for one
another, and to find joy in being, not just doing.

Shape our hearts through Your Word and the
gift of Sabbath, so that our home may be a
sanctuary of love and renewal.

Amen.



Prepare Your Special “Mass Bag”

GATHER TOOLS THAT HELP YOUR FAMILY FEEL AT HOME AT MASS

Instructions:

Help your kids create a special “Mass Bag” to bring along each Sunday or holy day. This bag will contain items that support their participation and help them feel connected during Mass.

Encourage your children to include:

A FAITH JOURNAL OR NOTEBOOK FOR DRAWING OR WRITING ABOUT THE READINGS

COLORED PENCILS OR CRAYONS

A SMALL PRAYER CARD OR SAINT MEDAL

A FAVORITE ROSARY OR FAITH-RELATED TOKEN

QUIET FIDGET TOOLS, IF HELPFUL

Explain that these items aren’t distractions but tools that help them engage with the Mass in a way that feels meaningful and comfortable. Invite them to personalize their bag and keep it ready each week.

Get Ready for Mass with Family Mass Prep!

Family Mass Prep is a kid-focused podcast that walks through the Sunday readings ahead of time, helping children (and grown-ups) know what to expect.



Scan the QR code to listen in!



Share Your Mass Bag!

We’d love to see your family’s “Mass Bag” creations! Snap a photo and share it on social media with the hashtag **#FamilyRuleOfLife**. Don’t forget to tag **@HallowApp** so we can cheer you on!

Crafting Your Family Rule of Life

YOUR FAMILY'S MISSION STATEMENT
FOR LIVING FAITHFULLY TOGETHER

“And let us consider how to provoke one another to love and good deeds”

— *Hebrews 10: 24*

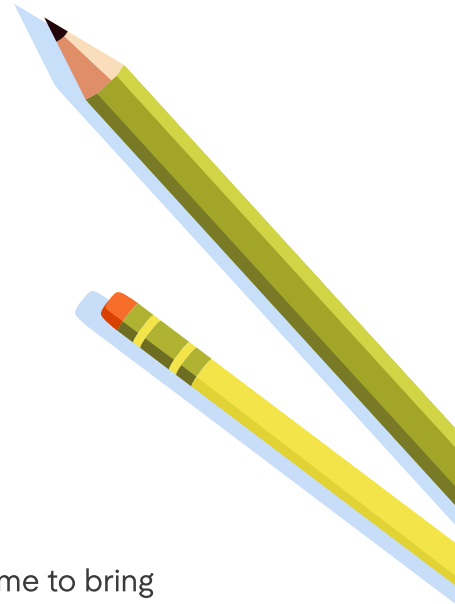
You've journeyed through days of reflection, prayer, and discovery. Now it's time to bring everything together—to create your Family Rule of Life, a clear and simple mission statement that expresses the values, rhythms, and commitments shaping your home. This Rule will serve as your family's compass, reminding you of who you are called to be together and guiding your daily choices with intention and faith.

Your Family's Rule of Life

Use the sentence starters below to help write a paragraph that captures your family's shared vision, values, and commitments. Fill in the blanks with words or phrases that feel true to your family's heart and faith.

In our home, we...

We believe...



Our family chooses to...

We hope that by living this way...

We trust that God...

EXAMPLES OF COMPLETED FAMILY RULES OF LIFE

Example 1

In our home, we speak kindly to one another and listen without interrupting.
We believe that God's love calls us to care for the poor and the stranger.
Our family chooses to pray together every morning, share meals without screens,
and volunteer monthly at our parish food pantry.
We hope that by living this way, our children will grow in compassion and courage.
We trust that God walks with us, guiding our hands and hearts in service.

Example 2

In our home, we pause each evening to share what we're grateful for and ask for forgiveness.
We believe that faith grows strongest through daily prayer and honest conversations.
Our family chooses to attend Mass faithfully every Sunday, welcome others warmly, and
support each other's dreams and struggles.
We hope that by living this way, our home will be a place of healing and hope.
We trust that God's mercy transforms our weaknesses into strength.



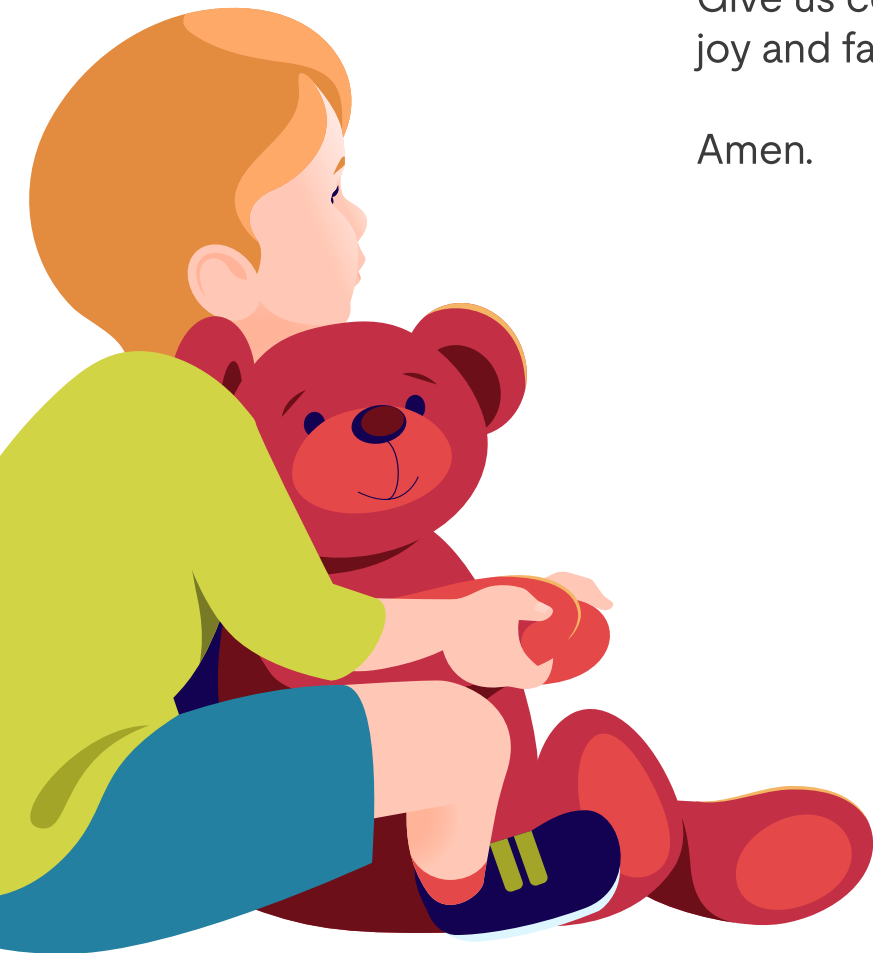
A Prayer for Commitment

Lord, help us hold fast to the Rule
we have set together.

May it guide our hearts, shape our
habits, and draw us closer to You
and to each other.

Give us courage to live it out with
joy and faithfulness every day.

Amen.





Create Your Family Rule of Life Poster

MAKE YOUR MISSION STATEMENT
A VISIBLE PART OF YOUR HOME

Instructions (for kids and parents to do together):

Work together as a family to design a beautiful poster or sign featuring your Rule of Life. Use colors, drawings, or symbols that represent your family's values and commitments. Display it somewhere prominent in your home—where it can inspire and remind everyone of your shared journey in faith.



Share Your Creation!

We'd love to see your Family Rule of Life posters! Share a photo on social media with the hashtag **#FamilyRuleOfLife** and tag **@HallowApp** so we can celebrate your faith-filled home!