



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

TOPIC: EXPLORE THE BOOK OF PSALMS AND LIVING THE EASTER SEASON!

Materials:

- [Divine Mercy Chaplet](#)
- [Families Forming Disciples](#) Family Survey

This month we are learning about how many of the Psalms are attributed to David. We know from the Scriptures that David was very musical. He played instruments, danced before the Lord, and wrote poems and songs to God. He was a man after God's own heart!

FAMILY AT-HOME MISSION ACTIVITY

Your Family At-Home Mission is to review the resources below, make your Living-the-Easter-Season Family Plan, find your favorite Psalm to share, pray the Divine Mercy Chaplet together around your home altar/prayer space, and complete the Families Forming Disciples Survey.

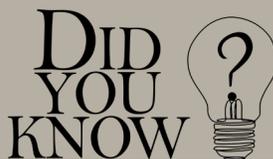
Step 1: Read from the Book of Psalms and find your favorite psalms to share at the Week 3 gathering of families.

Step 2: Watch and review the Easter and Divine Mercy resources below:

- [Easter Traditions](#) by Catholic Central
- [Divine Mercy Chaplet](#) for Kids
- [St. Faustina: Prophet of Mercy](#)
- [Ideas for the 50 Days of Easter](#)

Step 3: Gather as a family around your home altar and pray the Divine Mercy Chaplet.

Step 4: We greatly value your family's feedback! Please complete the short [Families Forming Disciples family survey](#).



Jesus both prayed and fulfilled the Psalms. In addition to being part of the inspired word of God in the Old Testament, the Church teaches that “the Psalms are an essential and permanent element of the prayer of the Church” (CCC, no. 2597). We see the Psalms prayed regularly at Mass as well as during the Liturgy of the Hours, which marks the different parts of each day in prayer. In Christ, the Psalms “continue to teach us how to pray” (CCC, no. 2587), especially emphasizing the importance of praising the Lord and placing our trust in Him, in good times and in bad.

