



BM

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INTERNAL CIRCULATION ONLY

## DISCERNMENT

*(From Listening to Action)*

### Return to the larger group

Return to the larger group. Each small group is invited to share briefly their "We" perspective, focusing on what they sense the Holy Spirit is inviting them to.

Together as a BEC, identify a simple "Move to Action," to help the Word take root in daily life.

For example:

- As individuals, perhaps, to listen more patiently in family conversations.
- As families, perhaps, to set aside one regular time each week for shared prayer or a family meal without distractions.
- As a BEC, perhaps, to support families who are going through tension, illness, or transition.

### Intercessory Prayer

Facilitator invites all to voice short intentions, for example:

"Lord, help me to rebuild trust with my family member."

**Response:** "Lord, hear our prayer."

Conclude with the Lord's Prayer, the Glory Be, and the Sign of Peace.

### Closing Hymn:

An appropriate hymn may be sung or played



# BECReflection

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

*A People for Missionary Discipleship*

MONTHLY FOCUS & RATIONALE

## FAMILY: BUILDING TRUST Conversion of Relationships in the Home

***"The home is the first school of faith."***

(FD 35)

Family relationships are never static. They grow, change, and sometimes need healing. The way a parent relates to a small child is different from how they relate to an adult son or daughter. As parents age, roles can shift again, and responsibility may be shared or even reversed. These changes can be difficult, yet they are also moments of grace.

Trust must be renewed and sometimes rebuilt. This happens through listening, honest conversation, and faith expressed in daily life. When families pray together, talk to one another with respect, and make space for each person's growth, trust can deepen across the different seasons of life.

The Church reminds us that the home is the first school of faith. In our homes, we learn how to forgive, how to listen, and how to care for one another. This month, we reflect on how we can build trust so that the peace of Christ may truly guide our hearts and our families.

***"Let the peace of Christ  
control your hearts...  
Let the word of Christ  
dwell in you richly."***

(Col 3:15-16)



## ENCOUNTERING

### Opening Hymn

Suggestion:

**Make Me a Channel of Your Peace**  
or any familiar hymn on peace and love.

### Opening Prayer

Heavenly Father,  
we thank You for the gift of our families.  
Teach us to be patient with one another  
as we continue to walk and grow together.  
Help us to listen with open hearts,  
to speak with honesty,  
and to relate with respect.  
Strengthen the trust within our homes.  
May our families be places where love is  
learned, faith is shared,  
and Christ is present.  
We ask this through Christ our Lord. Amen.

### Pastoral Pathway

Families change over time. Parents grow older, children become adults, and responsibilities shift. These changes require a conversion in how we relate to one another. Trust is not automatic. It is built through shared prayer, regular dialogue, and daily acts of faith. In the home, we first learn how to say “please,” “thank you,” and “I am sorry.” We also learn how to listen and to support one another in our struggles.

When we make time to pray together, to check in with one another, and to speak kindly even when we disagree, we help our homes become real “schools of faith.” In this way, trust becomes the soil in which the Word of God can take root and bear fruit.

## SCRIPTURE

### Colossians 3:15–16

Let the peace of Christ control your hearts, the peace into which you were also called in one body. And be thankful. Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God.

*Pause for three minutes of prayerful silence to reflect on this scripture text in light of family relationships today presented and your experiences.*



## DIALOGUING

### (Conversation in the Spirit)

Form small groups of 4 to 6 persons. Follow the three rounds of sharing. Keep one minute of silence between each sharing.

**Round 1** – “I” Perspective (Come prepared from time of silence. All are invited to share but only once for less than two minutes. No commenting on the sharing of others)

- What word or phrase from the Scripture touched me?
- Where do I find it challenging to build or rebuild trust in my family?
- What gave me hope?

### Round 2 – “You and I” Perspective

*(Now participants are invited to respond to the sharing of another. Each person shares once, responding to something they heard what other member shared)*

After hearing others:

- What do I notice in common among our experiences?
- How do the stories of others help me see my own situation differently?

**Round 3** – “We” Perspective (Now the facilitator or leader invites all to come to a common consensus or agreement on what was shared)

- After listening to everyone, what is the Holy Spirit inviting us to grow in or to do together?
- What might God be asking of us as a family, as a BEC, or as a community?