Family Talk Time
Can you think of how breath is related to life? What can make breathing difficult? How often do you actually think about breathing?

Prayer to say as a family this week:
Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.