Family Talk Time
Can you think of some examples of good habits? How do we form good habits?

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 only 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.

This week, your child learned that:
› Our habits can come to define who we are.
› Learning to know and choose the good is a habit we can develop.
› Learning to know and choose the good that God desires for us is the lifelong process of conscience formation.
› We can learn how to know and choose the good from the examples of the saints.