

Strong Catholic Families

Family Faith Inventory

Take a few moments to consider each of the actions and attitudes listed below and write the number in the blank which best describes how you currently experience that area of family faith. When done, note if you are satisfied with the rating or if you or your family would like to begin work on developing a family faith plan in the coming year. Use the following scale to fill in the spaces below, then check whether you feel okay about that, or if you want to change it, and add any comments if you wish.

0 = never 1 = seldom 2 = often 3 = all the time

Family and Community: How well does our family recognize the sacredness of family mealtimes and discover God in the ordinary moments of family and parish life?

1. ____ Eating dinner together is a priority in our family schedule. Okay? Change?
2. ____ Being Catholic is a significant part of our family identity. Okay? Change?
3. ____ We participate in social and community events at our parish (outside of Mass).
 Okay? Change?
4. ____ Religious art, images, and Bibles can be found throughout our home.
 Okay? Change?

Comments:

Prayer and Worship: Are we as a family committed to prayer and worship, individually and together?

1. ____ We attend Mass together on a regular basis. Okay? Change?
2. ____ I pray on my own (outside of Mass). Okay? Change?
3. ____ We pray together as a family (outside of Mass). Okay? Change?
4. ____ Family members take turns leading prayer. Okay? Change?
5. ____ We celebrate the seasons of the liturgical year (e.g., Advent, Lent) with special prayers, actions, and rituals at home. Okay? Change?
6. ____ Special family occasions are marked with blessings and/or prayers. Okay? Change?

Comments:

Formation: How important is learning and growing in the faith to us, individually and as a family?

1. ____ I read Scripture on my own. Okay? Change?
2. ____ We read Scripture as a family. Okay? Change?
3. ____ We put a high value on learning more about our Catholic faith. Okay? Change?
4. ____ I participate in faith formation opportunities (e.g., classes, spiritual reading, and spiritual direction). Okay? Change?
5. ____ [PARENT ONLY] I make sure my children/teens participate in faith formation opportunities (e.g., youth ministry, religious education, retreats, mission trips, etc.). Okay? Change?

Comments:

Justice and Service: As individuals and as a family do we do works of charity, mercy and justice in our neighborhood, church, and/or other organizations?

1. ____ We discuss current events in light of the values and beliefs of the Catholic faith.
 Okay? Change?
2. ____ [PARENT ONLY] I model discipleship (following Jesus) for my children and/or teens.
 Okay? Change?
3. ____ In our family, we talk about morality, and how to judge between right and wrong.
 Okay? Change?
4. ____ I am involved in regular justice and service in the parish and/or wider community.
 Okay? Change?
5. ____ [PARENT ONLY] We expect family members to be involved in parish ministry or service in addition to Mass and religious education (lector, usher, catechist, choir, vacation Bible school, etc). Okay? Change?

Comments:

Using the four inventory faith themes and your ratings for the statements under each, indicate your general level of satisfaction for each in terms of family faith life:

3 = very satisfied 2 = somewhat satisfied 1 = somewhat dissatisfied 0 = very dissatisfied

Comments:

____ Family and Community

____ Prayer and Worship

____ Formation

____ Justice and Service

Developing a Family Faith Plan

Use this worksheet to help map out the next steps you wish to take in the coming year individually and as a family. Suggestion: have a family meeting to discuss the inventory and this Family Faith Plan so you can all be on the same page when it comes to living it out.

A. Individuals: Individually reflect on each of your inventory ratings and decide on two things you will do on your own to grow in faith in the coming year.

1. Goal and start date:

2. Goal and start date:

B. As a Family: Decide together on two things you will do as a family to further grow in faith in the coming year.

1. Goal and start date:

2. Goal and start date:

C. Consider your goals and list here any support, resources, or help you will need from your parish or school community to achieve your goals to grow in faith either individually or as a family.

1.

3.

2.

4.

Family Covenant

The _____ family commits to taking the steps outlined above in order to grow in our Catholic faith in the coming year. Signed by all family members:

_____	_____
_____	_____
_____	_____
_____	_____