

Family Card

Get the Scoop on No-Frills Fridays:

This habit is about learning why Friday has always been a very important day of the week for Catholics, and for reasons that are usually very different from the ideas of the culture around us. For the disciple of Jesus, Friday is much more than the end of the 40-hour workweek. We honor the sacrifice of Jesus on the cross not with feasting, but instead with fasting.



HOLY HABITS CHALLENGE



OBSERVE NO-FRILLS FRIDAYS



SKIP DESSERT OR A SECOND HELPING EVERY FRIDAY OF THE YEAR.



MAKE REGULAR PERIODS OF SILENCE EVERY FRIDAY OF THE YEAR.



EAT NO MEAT EVERY FRIDAY OF THE YEAR (BESIDES LENT).

How Parents Can Lead the Way:

- These days we are often very concerned with health, fitness, and balance in our habits and that is a good thing in its proper context. The Christian thinks of these things as helps to the virtue of temperance, or moderation, which brings wholeness to our often out of control cravings. Translate your thinking and your language you ordinarily use to describe the merits of health, dieting, and fitness into Christian language about denial, virtue, and sacrifice, and make these changes out of love for the Lord who gave everything for you.

Observing No-Frills Friday As a Family:

- Turn the radio off in the car on Fridays on the way to and from school or work.
- Put limits on after school snacks on Fridays, or eliminate sugary foods that day.
- Make simple dishes of fish, or some other meatless meal, rather than spending a lot of money going out to eat. If fish is too pricey to purchase, there are many other less expensive ways to change the family diet for Fridays to make the day sacrificial.
- Be sure to explain the reasons behind the gestures of sacrifice on Fridays as a way to show love for the sacrifice of Jesus.



"EVERY ATHLETE EXERCISES
DISCIPLINE IN EVERY WAY"
1 COR 9:25



"I DRIVE MY BODY AND TRAIN IT"
1 COR 9:27



"RUN SO AS TO WIN"
1 COR 9:24