



A Mini Retreat for Yourself or in a Group □ 40-50 min.
Designed for Families

Leader: This is a special winter retreat that will help us to explore the theme, "Embracing Grace in Winter."

Winter is a time of stillness, reflection, and renewal. As families, we gather to increase our faith and embrace the grace that God offers us in this season.

Winter and Grace

All: Dear Lord, as we gather and prepare for this retreat and the winter season, we ask for Your grace to guide us. Help us to open our hearts to the stillness and beauty of winter, and to find peace and renewal in Your presence. Amen.

Reader 1: There's a special gift called "God's grace." This is something that we believe in and it's really important. Imagine grace as a beautiful, invisible hug from God that helps us in our everyday lives.

God's grace is like a superpower that God gives us. It's not something we can see or touch, but we can feel it in our hearts. Grace helps us to do good things and make the right choices. It's like a gentle guide that leads us toward being the best versions of ourselves.

Reader 2: How do we receive God's grace? God gives us grace because He loves us very much. We receive this grace in special ways, like:

- ❖ Baptism: When we are baptized, we receive God's grace to help us start our journey as a member of the Catholic Church.
- ❖ Praying: When we pray, we open our hearts to God, and this helps us receive more grace.
- ❖ Sacraments: There are special ceremonies that we have in church, called sacraments, like Communion and Confirmation, where we receive God's grace in a special way.

Reader 3: Why is God's grace important? God's grace is important because it helps us love others and be kind. It gives us strength to do what is right, even when things are hard. Think of it like a flashlight that helps us find our way in the dark. With grace, we can make good choices and be happy.

How Can We Show Gratitude for God's Grace? We can show we are thankful for God's grace by:

- ❖ Being kind to others: When we share and help, we are using God's grace to spread love.
- ❖ Praying: Saying thank you to God through prayer is a great way to show we appreciate His grace.
- ❖ Following Jesus' example: Jesus taught us to love and forgive. When we do this, we are using God's grace wisely.

Reader 4: Remember, God's grace is a wonderful gift that helps us grow and become loving, kind people. It is always with us, and we can always ask God for more when we need it. (Encourage each member of your family to answer the question below.)

- ❖ What do you think of God's grace?

Grace in Action

Family Winter Project

1. Create a Winter Grace List:

- ❖ Have each family member write down (or draw – for younger children) one way they can embrace or share grace in their daily lives during winter. This could be through acts of kindness, prayer, or simply appreciating the beauty of the season. Use the space below to write or draw.

2. Family Discussion:

- ❖ Share your ideas with one another. How can you support each other in these endeavors?
- ❖ What is a new family tradition that you will start this winter to celebrate grace?

3. Commitment Cards:

- ❖ Create small cards where each person writes down their commitment to grace this winter.
- ❖ Encourage each member to keep these cards in a place where they will see them often.

Leader: Lead your family in a simple meditation focusing on winter and grace:

- ❖ Close your eyes and take a deep breath in.
- ❖ Imagine the peacefulness of a snowy landscape.
- ❖ As you breathe out, make space by releasing any worries or troubles.
- ❖ Imagine God's grace gently falling over you like snow, bringing peace and renewal.

All: Loving God, thank You for the gift of winter and the grace it brings our family. Help us to carry Your grace into our home and lives, sharing it with others and finding joy in the quiet moments. Amen.

May our hearts remain open to the gentle lessons of the season, embracing the quiet and stillness as occasions to deepen our connection with each other as a family and with You, Lord.

Help us remember to act with kindness, love and patience, letting the beauty of winter inspire us to embrace grace in our family and share it with everyone we meet. Amen.

 Writing or Drawing Space 