

Objects of the League - a Spiritual Perspective

3. to exemplify the Christian ideal in home and family life.

For many of us, living a life of good example is an everyday occurrence; in fact, it is something we almost expect or take for granted. At least we hope so. Whatever our walk of life or role, we need to be a living testimony to what we believe. To exemplify means “to illustrate by example” Take some time to think about the Christian ideal. It can be as simple as being the face of Christ for, and to, others. It means standing up for the family, for our children and grandchildren in areas of faith and morals. If we are only going through the motions, what can we do to make positive changes? Do we watch the kind of television we want young people to grow up on? Do we say one thing but do another? What does the ideal Christian look like?

The *Catechism of the Catholic Church* states,

“The Beatitudes depict the countenance of Jesus Christ and portray His charity. They express the vocation of the faithful associated with the glory of His Passion and Resurrection; they shed light on the actions and attitudes characteristic of the Christian life; they are the paradoxical promises that sustain hope in the midst of tribulations; they proclaim the blessings and rewards already secured, however dimly, for Christ’s disciples; they have begun in the lives of the Virgin Mary and all the saints.”

We are all called to be saints, to be holy. Mother Teresa notes, “Holiness is not the luxury of the few. It is a simply duty, for you and for me. We have been created for that.”

The Christian family life standing committee provides ample opportunities to be involved in the areas of home and family by promoting marriage, sanctity of life, ministry to all ages and stages of life and vocations.

Discuss:

- a) How can we improve the way we demonstrate our faith and morals at home?
- b) How can we extend a hand of friendship and hope to members of our families and the community at large?