

Be Not Afraid

RENEWING FAMILY LIFE

“So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.” 2 Corinthians 5:17

The Resurrection of Jesus is the single most important event in all of human history. Sin and death are defeated, and we are all offered the chance of a new beginning, free from the guilt of our past mistakes. Our faith depends on the Resurrection, as St. Paul writes, “If Christ has not been raised, your faith is vain; you are still in your sins,” (1 Corinthians 16:17), and He has risen indeed! His victory changes everything for us, yet many families still feel unchanged by this great mystery.

After the joys of Easter end, so does our resolve. The progress our families made through our Lenten penances resets as we often fall back into our previous ways of living, not doing the good we want but doing the evil we do not want (Romans 7:19). Distractions and old routines creep back into our lives. Social media and constant scrolling pull our sight from Christ and away from our families. Algorithms exploit our emotions, and this influences the way we treat those closest to us. We want change, but Jesus states, “the spirit is willing, but the flesh is weak.” (Matthew 26:41)

Thankfully, we have a God who loves us and will not leave us orphans (John 14:18). In the hope of the Resurrection, He gives us the grace and power of the Holy Spirit to renew our family life so that it truly reflects the love of the Trinity and allows us to flourish in our faith and experience lasting renewal within our family life.



GOD’S GRACE & LASTING CHANGE

Modern technology is bringing constant change, and it impacts the dynamics of family life. Children are growing up in ways that are vastly different from previous generations. As artificial intelligence advances at an alarming pace, it is easy for us to be caught off guard by the potential this technology has to establish new habits and behaviors contrary to Christian life.

We need to make lasting changes to preserve the integrity of our faith and family life. This involves making concrete choices when it comes to the daily routines and habits within our homes. As Paul writes in 1 Thessalonians 5:21, we need to “test everything” and “retain what is good.”

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**“Do not be
conformed to
this world but be
transformed by
the renewal of
your mind.”**

Romans 12:2

**Prioritize Family and values.
Delay Social Media.**

**Delay Smartphones.
Phone Free School Day.**



GOD'S GRACE CONT.

Our first step is to turn to God in prayer as a family, "for no one can lay a foundation other than the one that is there, namely, Jesus Christ." (1 Corinthians 3:11). When we gather in prayer, not as individuals but as a united household, we discover that God does not leave us to figure it out on our own. We receive His grace to make the right choices. The more we rely on Him, the more we discover that God's plan for our family is "to give you a future of hope." (Jeremiah 29:11)



BUILDING MOMENTS OF CONNECTION

**"I came so that
they may have
life, and have it
abundantly."**

John 10:10

We all want the best for our families. By reflecting the love of God to each member of our household, we are not just setting them up for success in this life, but for the life to come. When Christ comes alive in our home, both in our prayers and in our deeds, our home becomes a living sanctuary where God is encountered in our daily life. Taking this approach to family life helps us say yes to one another and no to anything that competes for our attention.

Everything that we do is an opportunity to reflect God's love and build meaningful moments of connection. The ways that we show patience, forgiveness, and affection have a deep and lasting impact on our family life. Finding little ways to connect as a family not only shows that you care but also forges meaningful memories that your family can carry with them for the rest of their lives.

It doesn't take much effort to start. Having regular family meals is a great and proven way to make lasting, meaningful connections within your own family. It's not about having a great meal; it's about connecting as a family. It can be an opportunity, especially when everyone is busy with their own life, to sit down and listen to each other, offer guidance and encouragement, and celebrate the lives of our spouse and children.

These little moments create space for connection and for living a more dynamic faith and family life. God has great plans for your family. With His grace, we can find the strength to stay focused on Him and committed to renewing family life. As He promises, "Behold, I make all things new" (Revelation 21:5). May this Easter be a season of true renewal for your home.

LET US PRAY

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and **lead us not into temptation**, but deliver us from evil.

Amen.

Smart Families is partnered with your church and/or school to educate, encourage and empower your community about the importance of delaying smartphones.

To learn more, visit www.smart-families.org