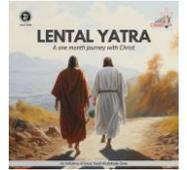




# Lental Yatra '25: Participant Handout



## LENTAL YATRA – Week 2/DAY 4 Monday, March 24, 2025 Session Overview: Me and My Family

**Session Focus: "As for me and my house, we will serve the Lord." (Joshua 24:15)**

### Understanding Family as a Gift from God

The family is God's first community, a sacred unit where love, faith, and values are nurtured. In our homes, we learn what it means to love unconditionally, forgive, and grow in faith together.

"Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you." (Exodus 20:12)

### Building Strong Family Bonds Through Love and Forgiveness

#### 1. Love as the Foundation

- Love within the family reflects God's love for us.
- "Above all, love each other deeply, because love covers over a multitude of sins." (1 Peter 4:8)
- Practical ways: Express gratitude, spend quality time, serve one another.

#### 2. Patience and Understanding

- Every family faces struggles, but patience strengthens bonds.
- "Be completely humble and gentle; be patient, bearing with one another in love." (Ephesians 4:2)
- Practical ways: Listen actively, avoid harsh words, pray for one another.

#### 3. Forgiveness in Family Life

- Forgiveness brings healing and unity.
- "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:13)
- Practical ways: Let go of grudges, apologize sincerely, seek reconciliation.

### Living Christian Values in the Family

- ✓ Daily Family Prayer – Set aside time to pray together.
- ✓ Read the Bible as a family – Reflect on God's word and apply it.
- ✓ Celebrate Mass together – Strengthen your bond through faith.
- ✓ Serve others as a family – Engage in acts of kindness and charity.
- ✓ Encourage open communication – Build trust and understanding.





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## Reflection & Commitment

Take a moment to reflect on these questions:

- What is one challenge I face in my family relationships?
- How can I bring more love, patience, and forgiveness into my family?

## To-Do List: Strengthening My Family Bonds

- Express gratitude to my family members daily.
- Be patient and listen with understanding.
- Resolve conflicts with love and humility.
- Pray together as a family every day.
- Perform an act of service for a family member this week.

## Final Thought

A strong family is built on love, faith, and forgiveness. As we journey through Lent, let us commit to strengthening our family bonds and making our homes a place of peace and joy.

"Let all that you do be done in love." (1 Corinthians 16:14)

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