

# MAY

## PRACTICE PERSEVERANCE

For with God nothing shall be impossible. Luke 1:37

### FAITH + FAMILY TIPS:

+Hearing stories of perseverance from others can help children understand what it takes to work through difficult moments. Next time you are with grandparents, friends, or family members, encourage the adults to share their goals and obstacles with your children. You might ask: what is the largest goal you have achieved? What did you have to do to accomplish this goal? Did you ever think about giving up? How did you continue to move forward?

+May means Mother's Day! Mothers are wonderful examples of strength and perseverance. This Mother's Day, along with flowers and breakfast in bed, write down a list of all of the things you see her do for your family. Read them out loud to her. Notice her small and big sacrifices. Then, make sure to ask her why she does it all. You will most likely hear all about how much she loves each of you!

+Sit together with a crucifix. Talk about Jesus' perseverance for each of us. He didn't give up; He gave His entire life and every piece of Himself out of love for all of us. When we are called to do hard things, He is close to us. He knows these feelings. Talking to Him in prayer can help us find strength.

### PRAYER:

God,

When I am asked to work harder, to do better, or to give more, help me to find the extra strength I need. With you all things are possible. Amen.

FAITH + FAMILY  
*collective*

## Recipe: MOTHER'S DAY PICNIC PLATE

Put down a blanket, make some lemonade, and enjoy some time together. No cooking required!

### PICNIC PLATE IDEAS:

- +Meat: salami, turkey, ham
- +Cheese: Monterey Jack, cheddar, brie, manchego, goat
- +Fruit: dried apricots, assorted fresh berries, cherry tomatoes, grapes, tangerines
- +Vegetables: carrots, celery sticks, cucumbers, bell peppers, mini dill pickles
- +Bread: baguette, crackers, pretzel crisps
- +Nuts: Marcona almonds, candied pecans, macadamia nuts, cashews
- +Additional items: spinach dip, onion dip, hummus, jams

Place some of these items on a large plate or serving platter and enjoy as a family!



### FAMILY TIME:

Get outside together and do something a bit bold! Going on a long hike, rock-climbing, camping, crossing a stream, or sleeping under the stars can push us to our limits. You will find yourselves encouraging each other along the way. Talk about how family is so important in helping each of us push forward at different times in our life.

### TEACHING:

Children are highly visual. It is helpful for them to be surrounded by images that remind them of their purpose and concrete goals.

Work with your child to create a "dream board" in their room. Invite them to think about their passions and their purpose. Find pictures, quotes, and images that represent these. Next, make a goal ladder together. Place one large goal at the top of the ladder—this goal is part of their "dream." On the rungs underneath, break this goal into tasks and smaller goals that need to be completed.

As parents, we can help our children connect the dots between hard work and perseverance in pursuit of the things that are important to them. As small goals are reached, celebrate progress!

