



# PROCLAIM THE FAITH

## YEAR 1 STUDY GUIDES

*Monthly study guides can be used in personal prayer and for small group reflection.*

# DECEMBER 2025

## SCRIPTURE

Read Ephesians 4:17-24

## REFLECT:

1. This passage from Ephesians discusses renewed life in Christ. Why is it important for us, as Christians, to constantly seek renewal? What does this renewal look like?
2. This passage contrasts life in Christ with “former” ways of life, outside of life in Christ. What is the difference that Christ makes in our own lives? How does that affect how we act outwardly?
3. In what follows this passage in Ephesians, we are told about forms of renewal in both individual and family life. What does it mean as communities and as families to seek renewal in Christ?

## READ: A selection from *Via Fidelis* – Chapter 3

St. Paul teaches us that every family receives its name from God (Eph 3:15). The family, therefore, is sacred. Every good thing passes through the family. The first place where evangelization occurs is in the family. As such, our *Via Fidelis* is about honoring, supporting and walking with the Christian family.

The Second Vatican Council teaches us that “the family, is, so to speak, the domestic church. In it parents should, by their word and example, be the first preachers of the faith to their children; they should encourage them in the vocation which is proper to each of them, fostering with special care vocation to a sacred state” (*Lumen Gentium*, #11).

As a Church, we place a special emphasis on praying for the families of our diocese and we dedicate them to the Holy Family. In our *Via Fidelis*, our Office of Family Life will continue to support and encourage the Christian family through its events and programs.

In our *Via Fidelis*, I call upon all the faithful of the diocese to invite friends and family members to come back to Mass. I encourage you to be open to difficult conversations as you walk with loved ones and work to bring them back home. We all need to show patience as we seek to evangelize and welcome back those who have fallen away, especially those who are dear to us.

## REFLECT:

1. In this passage, the bishop discusses the importance of the family in evangelization. Why is the family so important in this regard? How can we respond to this vision in our own lives?
2. The bishop here cites the Second Vatican Council and its description of the family as the Domestic Church. What do you think the Council means by this designation? How does this Domestic Church fit into the life of the local Church and that of the Universal Church?
3. At the end of this selection, the bishop asks us to invite our fallen away Catholic friends and family back to Church. What might this invitation look like? Can you think of anyone to whom you would like to extend this invitation?

