

ARCHDIOCESE OF SEATTLE

At Home with Faith

Jesus calls us to set aside material things and open our hearts to God. Rather than constraining us, this “less is more” way of life creates space for joy and the Holy Spirit to enter.

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Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

When Jesus warns: “If your hand causes you to sin, cut it off. It is better for you to enter into life maimed than with two hands to enter into Gehenna.” (Mark 9:34) Jesus speaks in love, knowing that setting aside our attachments frees us to pay attention to God.

Pope Francis echoes this in *Laudato Si'*, calling us to “a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption. We need to take up an ancient lesson . . . that ‘less is more’. A constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment.” (*Laudato Si'* 222) Let’s call our families to this “less is more” way of life.

Numbers 11:25-29

Would that all of the people of the Lord were prophets!

Psalms 19

The law of the Lord refreshes the soul.

James 5:1-6

Come now, you rich, weep over your impending miseries.

Mark 9:38-43, 45, 47-48

Better to enter into the kingdom of God with one eye.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Discuss with your children ways to discover when less is more:

- **Tell your children what Jesus meant:** The challenging language in this Gospel reading “if your hand causes you to sin, cut it off” can frighten children. Explain that Jesus is talking about the ordering of our hearts. Our hand is a good thing given to us by God and it does not cause us to sin. Even so, Jesus uses it as an example that those desires in our heart that we cherish must be set aside if they lead us away from God. In this way, less can be more.
- **Describe a time you found that less was more:** Describe a time when you were happier after saying no a desire for something that was good, but not the highest good. Maybe you gave up an opportunity for an exciting project at work to be with your family. Maybe, as a manager, you acted to compensate your employees more generously even though it reduced immediate profits. Maybe you chose to give to your parish rather than buy something new.
- **Invite your children to think about how less can be more in your family:** See if your children come up with some good ideas about how less can be more. Maybe there is something that they wanted to buy but realized we didn’t need. Maybe they want to eliminate foods that are full of bad ingredients from their diet. Invite them to take the lead in helping your family discover how “less can be more.”



By setting aside our desires in favor of a just ordering of society that cares for the poor and God’s creation, **we free our hearts from attachments.**

For more on the Year of the Family, visit <https://archseattle.org/yof>

“Nor can we overlook the social degeneration brought about by sin, as, for example, when human beings tyrannize nature, selfishly and even brutally ravaging it. This leads to the desertification of the earth and those social and economic imbalances denounced by the prophets, beginning with Elijah and culminating in Jesus’ own words against injustice.

Amoris Laetitia (The Joy of Love) #26

Justice, a right ordering of creation, is good for our souls. Pope Francis’ call for an “integral ecology” in recent documents like *Fratelli Tutti* follows a theme established in the documents of the Second Vatican Council and in calls from St. John Paul II for a “human ecology” and from Pope Benedict XVI for the “ecology of man.”

By setting aside our desires in favor of a just ordering of society that cares for the poor and God’s creation, we free our hearts from attachments. Talk with your children about ways to order your family’s day to day life in a way that is more just so we can align ourselves with God’s plan for creation.

For more resources, visit us online at:

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>