



FORMED®... for Families

"Our children now ask us to have FORMED movie nights. Thank you for this wonderful, faithful, family-friendly resource!"

—Andrea, Colorado

"I am convinced that my children will become faithful, generous and joyful adults largely due to our influence on them as parents. FORMED is a great help to us in giving our children vision for life."

—Jason, Minnesota

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FORMED®

By God's design, the family is the first and most effective school of Christianity. Jesus has given our families all we need in His Church. Prayer, sacraments, formation and service is the path to sanctity.

Tips for Forming Your Family



Pray as a Family

Opening the Word offers prayer and insights to accompany the Sunday readings. A short video, discussion questions, and prayer journal provide a great way for families to pray together and prepare their hearts for the Lord's Day.



Go to Mass

The true presence of Jesus in the Eucharist is God's greatest gift to us. Our love, adoration, and frequent reception of Jesus in the Eucharist will make us better spouses, parents, siblings, and friends. As Jesus in the Eucharist is the source and summit of our faith, *Presence* is perhaps the most important study to watch and discuss as a family.



Practice Reconciliation

Healthy families practice reconciliation. They set aside time to share how they have been hurt and ask one another for forgiveness. This practice is developed through frequent reception of the sacrament of reconciliation where we experience God's healing mercy and grace. *Forgiven* will engage the whole family with its rich teaching, stunning videography, and helpful children's session.



Plan a Weekly Power Hour

Setting aside an hour each week for family faith formation is a great way to practice the Faith. Watch, listen or read a piece of content on FORMED and discuss its application to life today.



Choose Wholesome Entertainment

Transform your family movie night, car rides, or bedtime rituals with movies and radio theatre on FORMED. The stories of heroic Catholics will inspire your family to become saints. Watch, discuss, and recall later with your children how God worked in ordinary lives and how He desires to work in ours today.



Support Your Teenagers

The greatest impact on the identity and belief system of a teenager is meaningful conversations with their parents. *YDisciple* offers short videos and discussion questions for parents and their teenagers. It also provides resources to build a small faith sharing group for teenagers with their friends.



Share Faith at Meals

Families that make it a priority to eat dinner together benefit from greater unity and stronger communication. Integrating faith sharing into meal time discussion feeds both body and soul. Whether you read an excerpt from an e-book, watch a segment from *Symbolon*, listen to part of an audio, or discuss the readings with *Opening the Word*, your children will form their worldview and identity from these experiences of faith sharing around the table.