



ST. GERTRUDE
CHURCH

The Fridge Sheet

Pick-a-Commandment Challenge

- Review the list of the 10 Commandments as a family and talk about which of the commandments are most difficult for your family to follow. Discuss why that might be.
- Next, work as a family to identify one of these difficult commandments to which you intend to be more faithful as a family. Come up with a practical and concrete game plan as to how your family will carry out this commandment.
 - Example: Keeping holy the Sabbath. We will _____, _____, and _____.
- Work on this one commandment for the next 4 weeks. (Obviously, you should continue striving to be faithful to the other 9 as well!)
- At the end of the 4 weeks, discuss how it went. What did you learn? How did you grow? Do you want to take on another one as a family?