CATHOLIC TRADITION

Reflection Sheet

Honoring father and mother · 22 verses from the Catholic Bible (Douay-Rheims)

Read a card together, sit with the reflection, and write a note.

VERSE	REFLECTION	NOTES
Verse 1 Ecclus 3:3	Speaking respectfully to parents honors their authority given from above.	
Verse 2 Ecclus 3:5	Mary, the Mother of Jesus, was honored by her Son at the wedding feast at Cana.	
Verse 3 Ecclus 3:6	Joseph, the earthly father of Jesus, protected and cherished both Mary and Jesus.	
Verse 4 Ecclus 3:7	Much of our turmoil in society today stems from disrespect of parents and the division in families.	
Verse 5 Ecclus 3:9-10	Appreciating one another builds respect and love among family members and society.	
Verse 6 Ecclus 3:12	Support within the family unit builds trust and dignity.	
Verse 7 Ecclus 3:14	It ain't no fun gettin' old. Parents need you more than ever.	
Verse 8 Ecclus 3:15	Sharing their burdens helps them live a dignified life.	
Verse 9 Ecclus 7:28-30	We owe our lives to the people who raised us.	
Verse 10 Tobias 4:3b-4	A mother carries us long before we can thank her. Honoring her is not for one day a year, but a little care every day of her life.	
Verse 11 Ecclus 3:2	Good parents only want what is best for the child.	

Reflection Sheet

continued · verses 12–22

VERSE	REFLECTION	NOTES
Verse 12 Ecclus 3:11	A parent's blessing steadies the whole household. Kind words between parents and children build a home that lasts.	
Verse 13 Ecclus 3:13	Remember who you are and who you represent. Do not bring shame to yourself or your family.	
Verse 14 Ecclus 3:17	No kindness shown to a parent is ever wasted. God remembers it, and in our own hard days His mercy warms us like spring sun.	
Verse 15 Ecclus 3:18	Walking away from a parent wounds more than one heart. Even when it is hard, choose the phone call, the visit, the gentle word.	
Verse 16 Ecclus 23:18–19	Remember, man, that you are dust, and unto dust you shall return.	
Verse 17 Tobias 4:3a	It is honorable to celebrate the life of your parents.	
Verse 18 Tobias 4:5	Caring for parents includes honoring their wishes at the end of life. Talking about those wishes gently, while there is time, is a quiet act of love.	
Verse 19 Tobias 10:13	Marriage gives us a second mother and father. Treating them with the same respect we give our own strengthens the whole family.	
Verse 20 Tobias 14:14–15	Even with a family of his own, Tobias made time for his elders. Being present in a parent's last years is one of love's greatest gifts.	
Verse 21 Tobias 10:9	Parents worry when we are far from home. A quick call or message to say you are safe can lift a heavy heart.	
Verse 22 Tobias 11:17	Coming home is a gift to our parents and a reason for them to praise God. Don't wait for a special occasion to let them see your face.	