



# Sunday of the Holy Ancestors

## Resource Overview for Parents and Families

### Scripture Readings

#### Epistle/Apostol:

Hebrews 11:9-10,  
17-23, 32-40

#### Gospel:

Matthew 1:1-25

### Apolytikion/Troparion – Tone 2

Great are the achievements of Faith!

In the fountain of flames, the three holy youths rejoiced as by the water of rest, and the prophet Daniel was revealed shepherding lions like sheep.

Through their intercession, O Christ God, save our souls.

### Kontakion – Tone 1

Armed by the Being that defies description, you defied the man-made idol, O thrice blessed youth.

In the midst of the unbearable flames you stood and cried out to God:

“In Your mercy, O gracious One, hasten and come to our aid, for You can do whatever You will.”

### This Week We Learned About

#### ✦ Scripture

- Hebrews 11:9-10, 17-23, 32-40
- Matthew 1:1-25

#### ✦ Liturgical Life

- Amen

#### ✦ Feasts & Saints

- St. Anastasia  
(December 22)

#### ✦ Daily Living

- Getting to know our family tree

### Questions for Your Kids

- What does it mean to have faith in God?
- How do we show our faith in God?
- How can we be like Joseph the Betrothed in our own lives?

- What does the word “Amen” mean?
- Why is it important for us to add our voices (even softly) to the prayers in church?
- How do we humble ourselves by saying Amen to God?  
*(Hint: Not my will but...)*

- Why is St. Anastasia an important saint for us?
- How did she live her life according to God’s teachings?

- Where do you think our ancestors came from?
- How can we remember our ancestors in church? at home?  
*(Hint: In our morning and evening...)*

### Learn and Discover Together

- Which one name in Jesus’ ancestry should we look up and learn about?
- Why is it important to know about the Old Testament in relation to Jesus Christ?

- How can we say “Amen” to God’s plan for our lives at school? work? home?
- Why is it important for us to say “Amen” during the liturgy?  
*(Hint: Are we agreeing with our priest?)*

- Let’s read the life of St. Anastasia:  
<https://bit.ly/dec22-anastasia>
- How can we be courageous like St. Anastasia?
- Why should we pray to St. Anastasia for intercessions before God?

- Let’s take a look at our family tree and see what we can learn about our ancestors, ok?
- If Christ’s ancestry went back 42 generations, how many do you think we can trace in our family?

### Learn More...

Study guides for different age groups are available to accompany the “**Righteous Ancestors**” handout for the Sunday of the Holy Ancestors.

Use as many or as few of the questions and discussion topics to help children learn about the feast while discovering how the Byzantine Catholic Faith can be a part of their daily life.

Ask open-ended questions which may lead the conversation to reveal their thoughts about God.

As parents, we may not readily have all the answers, but we have the ability to inspire a desire in children to love God, which can benefit them throughout their lives.

### In the Week Ahead...

Advent fasting continues until receiving the Eucharist at Liturgy on Christmas.

**December 20** – St. Ignatius  
St. John of Kronstadt

**December 22** – St. Anastasia

**December 25** – Nativity of our Lord  
(Christmas)



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