

# Gospel at Home

Sowing Light and Love in Family Environment



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*"For where two or three gather in my name, there am I with them." - Jesus (Matthew 18:20)*

### I- Rationale

*"[...] At least once a week, gather your family and compliment them with the joy of Spiritism, implementing the Gospel practice so that Jesus' teachings can be an effective route of love and wisdom in your home..."<sup>2</sup> - Joanna de Ângelis*

The Gospel at Home represents the most efficient incentive to nurture respectful relationships, transforming the home into a safe and peaceful shelter, ensuring balance and joy to all the individuals involved.

Jesus introduced the practice of the Gospel at Home in Peter's house, according to the spirit Neio Lucio in chapter one of the book Jesus in the Home. He shared thoughts about family living, explaining that if harmony was not possible at home, among beloved and closer relatives, how could we try living in peace with others outside of it?

This way, Jesus gave us a safe guide to our lives and to the strengthening of family bonds.

*"In your house, the table is the place for your bread. On it you receive from the Lord the food you need each day. Around it, why not plant the seeds of happiness and peace in conversation and thought? [...] Then, inviting the disciple's family to join him for an edifying talk and uplifting meditation, Jesus unrolled the writings of wisdom and started the world's first Christian home worship service."<sup>3</sup> - Neio Lúcio*

Allan Kardec also refers to this practice in the Revue Spirite of 1864:

*"Once a week, on Sundays, for example, you can devote a longer time it saying all of them (prayers), either in private or not, in case there is a place, adding the reading of passages of the Imitation of the Gospel and any good instructions dictated by the spirits."<sup>4</sup>*

Several spirit guides share the benefits of the Gospel at Home practice, including Joanna de Ângelis, who summarizes:

*"Dedicate one of the seven evenings of the week to the Gospel at Home so Jesus can spend the night at your house. Prepare your table, pour some fresh water, open the Gospel, spread the message of faith, get your family involved and pray. Jesus will pay you a visit."<sup>5</sup>*





## II - The Importance of the Home for Moral Discipline

*"Light up the gospel sun at home and reunite with your loved ones to pray [...]"<sup>6</sup>*  
- Joanna de Ângelis

Home is an excellent hub for work and learning on our planet, where the souls that will live as parents, sons, and siblings meet up. Such an environment promotes the spirit of fraternity in all hearts, offering new opportunities for moral education, helping the involved parties solve problems, develop mutual affection, and reconcile with their past.

Therefore, the educational and regenerative function of the family is highly delicate and essential. It educates human beings in a broader sense, strengthening critical moral values.

Following this idea, the spirit Emmanuel affirms:

"The best school is still the home, where the creature must learn the basis of sentiments and character. The educational institutions of the world can instruct; however, only the family institution can educate. For this reason, the university can make the citizen, but only the home can enlighten the soul."<sup>7</sup>

### III- The Gospel at Home Practice

*"The Gospel at Home is not an innovation. It is a necessity all around where Christianity throws its roots of evolution and sublimation. [...] When Jesus' teachings reverberate between four walls, the small sacrifices secure ordinary happiness in the domestic temple." <sup>8</sup>*  
- Emmanuel

#### What is it?

- The Gospel at Home is a family gathering that happens on a previously scheduled date and time. It aims at strengthening the connection with God and the spirit guides through prayers, uplifting readings and reflections about Jesus' teachings, promoting a functional and enlightened family environment.

#### b) Why do we need it?

- To better grasp Jesus' Gospel, practicing His teachings in our daily lives;
- To harmonize the home atmosphere by raising the thoughts and feelings;
- To promote the assistance of the spirit guides.

#### c) Goals

- Study Jesus' Gospel through the Spiritist perspective, so it is recognized, observed and practiced;
- Develop the healthy habit of holding enlightening study meetings in the home about Jesus' Gospel and the practice of essential Christian principles;
- The Gospel at Home practice strengthens the connection among relatives through a peaceful and inclusive moment, providing a peaceful living;
- Clear the home spiritual environment through thoughts and uplifting feelings to make the assistance of the spiritual benefactors easier.
- Raise the frequency of family members' thoughts and feelings, contributing more effectively to build a better world.

#### d) Benefits of a Regular Practice

- Change and elevate the frequency of thoughts and feelings, collaborating with the home ambiance and around;

- Strengthen the magnetic defences of the home, filling the spiritual environment with positive energy, which provides protection – a spiritual shield that will benefit the whole family;
- Encourage the family to face the daily challenges, promoting balance and inner peace;
- Promotes self-knowledge, enabling the inner transformation which will form moral persons;
- Assist at moments of meditation and uncertainties, presenting a safe guide towards the light of Jesus' Gospel.
- Promotes the living according to the Law of Love and Jesus' moral teachings;
- Fortify the ties of affection, supports the dialogue and family union
- Offers the communion of thoughts and feelings among relatives;
- Strengthen the practice of values and attitudes towards life appreciation, respect for nature and fraternal living;
- Drive Spiritism awareness while strengthening the trust in God, Jesus, and the spirit guides through a broader understanding of life, immortality of the soul, among other spiritist teachings;
- It contributes to the earth's regeneration, beginning with the renewal of hearts.

#### **e) Who Can Participate**

- Every person that lives in the home, including children, teenagers, adults, seniors and visitors.

#### **f) Step by Step Guide**

The moment of Gospel at Home is simple, natural, fraternal, and it has a common purpose: to respect the singularities and possibilities of each family.

Here's a guide on how to hold the meetings, which can be adapted to different realities, keeping the spiritual goals that such practice promotes:

- Initial prayer (simple and spontaneous);
- Read a passage of Allan Kardec's *The Gospel According to Spiritism*. Short and simple comments should follow the reading. Ideally, all family members should join the Gospel at Home. The addition of stories and facts related to the topic can make the gathering even more enjoyable. It is essential to avoid criticism towards other people; the goal is to reflect on the messages applying the content to ourselves. If the family has a different religious choice, they can use another book with enlightening messages based on the Law of Love principles;
- Moment of irradiations, dedicated to the emanation of good feelings, thoughts and positive words promoting peace, love and harmony, asking for everyone who needs the Divine protection;
- Final prayer (simple and spontaneous).

## g) Recommendations

To have the most harmonic Gospel at Home practice as possible and achieve the gathering objectives, we recommend the following suggestions:

- Choose a room that can accommodate the family and other participants;
- Do the Gospel at Home at least once a week on a date and time previously scheduled;
- Put water in a glass or jar to be energized by the spirit guides;
- The Gospel at Home practice is not a mediumistic meeting. Spiritual manifestations must not happen.
- Keep uplifting conversations before, during and after the gathering to foster a peaceful environment.

## h) Gospel at Home with Children

*Jesus said: "Let the little children come to me (...)" - Jesus (Matthew 19:14)*

*"Evangelized child - adult that lift himself to follow the happiness course of the future"<sup>9</sup> - Bezerra de Menezes*

The children's participation at the moment of Gospel at Home can happen since the beginning of the reincarnation journey, still as a baby, changing according to the development.

Considering the suggestions presented in the field "How to Proceed" of this document, we added some suggestions for the Gospel at Home with children:

- Choose a day and time of the week, when the child is not tired or hungry, so the participation will not be compromised;
- Start the Gospel at Home with a few minutes increasing the time gradually, according to the child's development;
  - Assign responsibilities such as: organize the book(s), place the water jar and glasses on the table, choose the song, read, say the initial or final prayer;
  - Use spiritist books, stories, with content based on Jesus' Gospel or with uplifting messages; short videos with moral learnings; or other resources that match the interest of your kids with the goals of the Gospel. To accomplish it, it is important that parents know the stories prior to the gathering, to facilitate the comments after the reading, making a parallel with the child's life;
  - Use vocabulary, materials and methodology that are adequate to the children's comprehension. You can introduce entertaining activities such as painting, cutout, storytelling with puppets, book reading, games etc. It is important to follow the time, harmony and gathering goals;
  - Create a calendar with the date and time of Gospel at Home, putting it in a visible and accessible place to kids.





## i) Gospel at Home with Youth

*"And the Earth's youth moves on under Jesus' protection. The youth moves on with its energetic and regenerative strength towards the construction of a better world following the Gospel's foundation." <sup>10</sup> - Leopoldo Machado*

Considering some suggestions presented on the section "How to Proceed" of this document, we have added some suggestions that can be used on the Gospel at Home with youth:

Provide responsibilities such as: organize the book(s), place the water jar and glasses on the table, choose the song, read, say the initial or final prayer;

Organize the topics of studies in a collective and integrated way, following the book sequence or topics that have been previously chosen to facilitate the approach;

Invite the teen to proactively lead the Gospel at Home sharing perceptions, context, doubts and any contribution to the understanding of the messages;

Motivate the teenager to talk about his comprehension giving examples with daily experiences;

Provide the exchange of reflections and experiences, achieving the enlightenment based on spiritist teachings, fraternally and proactively, motivating the learnings and supporting the spiritual growth;

Stimulate the participation and understanding, respecting forms of expression and involvement - either spoken or not;

Use books or other resources aligned with the teen's interest and the Gospel's goals.





#### IV- Spiritist Institutions

*"Let's work to consolidate the Gospel at Home whenever we can [...] We must be united to spread the Christian principles in the domestic sanctuary.*

*"To bring the light of the Good News to the family temple is to improve every value that the terrestrial experience can offer us." <sup>11</sup> - Bezerra de Menezes*

The spiritist institution can assist families in doing the Gospel at Home, explaining its importance and offering the necessary introductions via Public Lectures, study groups, meetings with parents and relatives, Spiritist Education for children and youth, spiritual assistance among other initiatives;

When possible, the spiritist institution can help implement the Gospel at Home through in-person visits. The team will bring the Good News through the uplifting reading and prayer, following the general orientations of the practice. A qualified team will conduct the activity, maintaining harmony, spiritual preparation, simplicity and fraternal spirit.



## V - Frequently Asked Questions

*"If a man is the divine particle of society, the home is the sacred cell of the whole civilization building."<sup>12</sup> - Emmanuel*

### What is the duration?

The Gospel at Home should last approximately 30 minutes. Time can differ depending on the comments and participation.

### I live alone. How should I proceed?

Please follow the script in the section "How to Proceed".

### How should I proceed in case a family member refuses to join?

You can still do The Gospel at Home, always following the previously set date and time, respecting other people's free will by the spiritist principles of love and charity. During the moment of irradiations, embrace the person with thoughts of love, once this moment has benefits for everyone, incarnated and disincarnated, present or physically absent.

### **Which book should I use?**

We recommend Allan Kardec's *The Gospel According to Spiritism*. It contains the teachings of Jesus according to Spiritism.

We also suggest additional books with messages from the spirit guides such as Emmanuel, André Luiz, Joanna de Ângelis, Meimei, Neio Lucio, and others. Just to provide some examples, we can name the following books: the collection of *Living Spring* (Emmanuel), *Christian Agenda* (André Luiz), *Jesus in the Home* (Neio Lúcio), and others.

If someone in the family follows a different religion, a more appropriate book can be used, following the Law of Love principles.

### **How to Prepare the Ambiance?**

Choose a room with no interruptions, noises or distractions. Make sure the television is off, and the cell phones are in silent mode. Choose the books before the meeting. Choose an instrumental song to play, in a low volume, according to interests and possibilities; it can help facilitate the harmony of the ambiance.

### **Why should we put water in to be energized?**

During the Gospel at Home, the spirit guides can transmit healing and therapeutic energy to the water to benefit all participants.

### **Can Mediumistic manifestation occur during the Gospel at Home?**

They must be avoided during the Gospel at Home once the spiritist institution is the most appropriate place for this kind of manifestation; it has the physical and spiritual resources needed so they can occur.

### **In case of work or vacation, can I interrupt the Gospel at Home?**

If possible, the suggestion is to keep the Gospel at Home because it is an agreement with the spirit friends and guides that will be ready for this meeting. In this case, look for a quiet place to gather your family at the date and time previously scheduled.

### **How should I proceed in case of delay or forgetfulness?**

The suggestion is to do the Gospel at Home, even in case of a delay. Make sure you remember the time in the following week. New habits, in the beginning, can cause forgetfulness. If there is persistence, a note in a visible place or a reminder in the agenda might help.

### **Can I invite a visitor to participate?**

Yes. In case the visitor is not spiritist, the suggestion is to explain about the goals of the meeting.

## VI - Final considerations

The Gospel at Home represents a happy opportunity for spiritual growth and home protection. Motivating its consolidation is an attitude of confidence, determination, learning and love that will strengthen the residents to a healthy life experience.

*"Let us contribute to the sowing of christianism in the family sanctuary, in the light of Spiritism, if we truly want a better future society." <sup>13</sup>*  
- Bezerra de Menezes

**Spiritist institutions are available to support the Gospel at Home practice, addressing any questions you may have on this topic.**

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