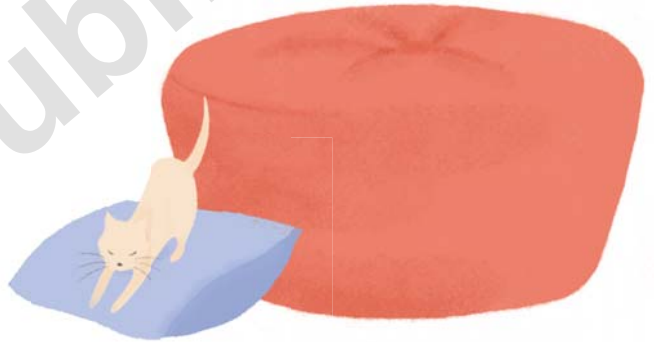


CRER

Illustrations: Bergamote

# PRAYING AS A FAMILY



# PRAYING AS A FAMILY


**Dear Parents:** The Pope calls the home to be “the place where we learn to appreciate the meaning and beauty of faith,” and where we learn “to pray and to serve our neighbour.”<sup>1</sup> He believes it “is essential that children actually see that, for their parents, prayer is something truly important.”<sup>2</sup>


Young children, who need a routine to help them learn and grow, will find that prayer becomes a key moment in their daily lives.

**So, are you ready to begin?** To help you, we wrote this book of prayers for various times: from waking up in the morning to feeling angry or sad, sharing meals together, and much more.

When you pray together, it is best to find a **quiet place** where the whole family will feel at ease and can sit comfortably. Take time for silence to make room for God in your lives and in your hearts, and use a few gestures, postures and objects that remind you of God. A **candle**, lit before the prayer begins, is a sign of Christ’s presence. During the listening time, you can gather closer to the candle: the Word of God will guide you and light your way. The candle will be extinguished at the end of the prayer.


The prayer can include several steps, which are indicated by small icons:

 **The Sign of the Cross**, which opens and closes the prayer. Children will gradually learn this gesture by imitating you.

 **Sharing**, where the children, as well as you, the parents, are invited to take turns speaking. This part helps children learn the importance of listening to others.

<sup>1</sup> Pope Francis, *On Love in the Family (Amoris Laetitia)*, Vatican Press, 2016, no. 287.

<sup>2</sup> *On Love in the Family*, no. 288.

 **Listening** is the time where you will read the Word of God aloud. The biblical texts are included in this booklet, but it is better to read them from a Bible as a sign that God's Word is an important part of our faith.

 **Praying aloud together** lets both parents and children know they are part of the large Christian family.

And since **singing**, through music and rhythm, taps into children's emotions and helps them enter into prayer, the **Audio** option takes you to songs and instrumental music found on *Let's Sing! Let's Pray!* (available separately). Feel free to make up a few simple gestures to use when you pray.

Finally, we included some **insights** that will help you along the way, as well as some ideas for **activities** to extend your prayer time with your children.

We wish you all some wonderful times praying as a family!

The Authors

***You are here!***

***We have come to talk to you.***

***Lord, you are here!***

***We have come to listen to your Word.***

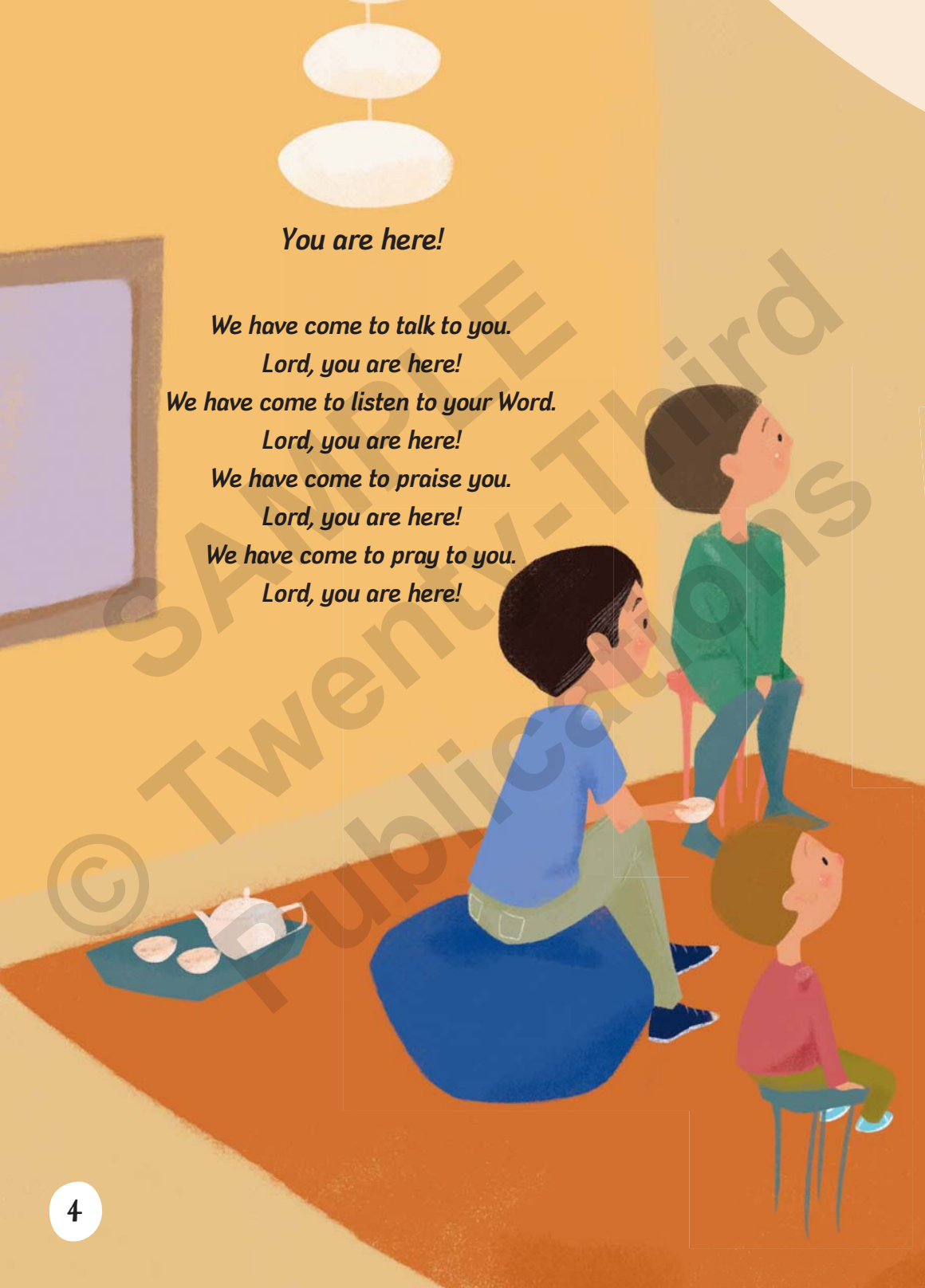
***Lord, you are here!***

***We have come to praise you.***

***Lord, you are here!***

***We have come to pray to you.***

***Lord, you are here!***



# LORD, come into our home



## Let us pray

✝ Lord, our family has gathered together to pray to you. And you are here with us.

🙏 Let us pray *You are here!* together.

👂 Lord, you are here. We are listening to you.

*"Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me."* (Revelation 3:20)

👥 Let us all hold hands.

Lord, we open the door of our hearts to you.

Lord, you are everywhere, and you make your home in us. Help us to live in love and to welcome all those who come into our home.

✝ May the Lord bless our family, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

AUDIO: 1. SIGN OF THE CROSS

## ➡ What if together

we created a prayer space in our home?

## God lives in each of us

*"So God created humankind in his own image; in the image of God he created them" (Genesis 1:27). God creates a personal relationship with us and lives in our hearts. It is in the deepest part of our hearts, in the silence of our prayer, that we can meet God, listen to him and talk to him.*



## *Our Father*

*Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.*

# LORD, you listen to us and we speak to you



## Let us pray

- ⊕ Lord, we have come to pray to you, to be with you. In prayer, you speak to us and we can speak to you.
- ② Lord, you teach us to pray. *“He was praying in a certain place, and after he had finished, one of his disciples said to him, ‘Lord, teach us to pray, as John taught his disciples.’”* (Luke 11:1)  
Like the disciples, we don’t always know how to talk to God. Jesus, you gave us the Our Father. It is a gift that helps us pray.
- ⊕⊕ Let us slowly pray the *Our Father* together.
- ⊕ For the kingdom, the power and the glory are yours, now and for ever. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

AUDIO: 2., 3. OR 4. THE LORD’S PRAYER

⇒ **What if together**  
we prayed using our own simple words?

### *Our Father*

*In teaching us the Our Father, Jesus invites us to see that we are all children of one father. The Our Father is the prayer of Christians, who like to pray it at Mass and at other gatherings. This prayer unites us with Christ’s prayer. It makes us all brothers and sisters.*

*Hail Mary*

*Hail Mary, full of grace,  
the Lord is with you.*

*Blessed are you among women  
and blessed is the fruit of your womb, Jesus.*

*Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.*



# WITH MARY, let's place our trust in the Lord



## Let us pray

- ✝️ Mary, you trusted God all your life. Teach us to not be afraid and to open our hearts to the Lord.
- 👂 Let us pray with the Psalms, as Mary liked to do:  
*"The Lord is my light and my salvation; whom shall I fear?  
The Lord is the stronghold of my life; of whom shall I be afraid?"* (Psalm 27:1)  
Let us spend a few moments in silence.
- 🙏 Mary, with Jesus, you guide us towards the Lord.  
Let's pray the *Hail Mary* together.
- ✝️ Through you, Mary, we turn with confidence towards the Lord. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

AUDIO: 5, 6. OR 7. HAIL MARY

### ➡️ What if together

we all prayed this prayer to Mary more often?

### Mary, Mother of Jesus

Mary, the mother of Jesus, is a key figure for Christians. She is the one who trusted the Word of God. Her attitude guides us in faith. Through her, we pray to her Son, our Lord.