

Family Prayer

There are as many ways to do family prayer as there are families, but here is a suggested structure that is simple and is guaranteed to be fruitful no matter the age of your children:

ONE OR TWO KNOWN PRAYERS

(Our Father, Hail Mary, Angel of God)

Each person who can talk (even if just a little bit) reflects on the day and prays:

JESUS, I AM THANKFUL FOR...

JESUS, I AM SORRY FOR...

JESUS, PLEASE HELP ME TO...

SIMPLE, BUT PRAYERFUL SONG

(“Immaculate Mary”, “Jesus, My Lord, My God, my All”, or songs for the liturgical season: “O Come, O Come Immanuel”, “Jesus Christ is Risen Today”)

This can be done as part of the nighttime routine or around the table before or after a meal.

Change it every so often to keep it fresh, and maybe even add some time to reflect with Scripture if the children are old enough.

Other Suggestions: Bless with Holy Water, pass a cross around while each takes a turn to pray.