

Catholic Parent – 3 – Family Prayer

In this episode, we explore the fundamental importance of prayer as a family and offer simple ideas for getting started. [VIDEOS HERE](#)

NOTES:

Sing a hymn to start. Choose something doable!

Pray intentions every night – teach them God’s heart and true needs. Pray from your heart. It will still count as prayer, even if you lose your cool. Perfect is not part of the expectation.

Prayer is a **relationship** with Jesus – communication / dialog / sharing of oneself.

Parents need to **MODEL** and then **TEACH** their children how to pray.

- **MODEL** – they need to see you praying – speaking & listening (reading & meditating).
 - *“When we pray, we talk to God; when we read, God talks to us.” St. Isadore*
 - *“I am the vine; you are the branches. Whoever **abides** in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. As the Father has loved me, so have I loved you. Abide in my love.” John 15:5,9*
- **TEACH** – Have a plan – a rhythm – a schedule
 - Vocal prayer – Our Father, Hail Mary, Glory Be
 - now they are capable of praying a rosary
 - Mental prayer – prayer from the heart – praying expressively.
 - We need to help our children find their voice.
 - Adoration Chapel – pray with Jesus in the Eucharist & abide with him.
 - Make this a regular part of your life.
 - They will learn to love the silence & abiding.

Questions for group discussion or personal reflection

- What in this episode resonated with you as a Catholic parent?
- What was your experience of family prayer as a child?
- What does family prayer look like in your home?
 - When does it happen?
 - Where in your home do you pray?
 - What prayers do you say?
- What challenges does your family face in praying together?
- What would you like family prayer to look like in your home?

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- What can you say to encourage your children when family prayer is challenging or when they don't feel like praying?

Take to Prayer

- “The Christian family is the first place of
 - education in prayer” (CCC 2685).
- Sts. Louis and Zelie Martin:
 - “It is necessary that the heroic becomes daily
 - and that the daily becomes heroic.”
- “But the Lord answered her,
 - ‘Martha, Martha, you are worried and distracted by many things;
 - there is need of only one thing.
 - Mary has chosen the better part,
 - which will not be taken away from her.’” (Luke 10:41-42)

Ideas for living it in your home

For every family

- Family prayer has to start with you.
- This week, challenge yourself to
 - find five minutes each day for silent prayer.

For families with young children

- Praying with little ones is never going to be easy, but it is possible.
- We challenge you to just start!
 - Simply praying an ‘Our Father’ together
 - and sharing some petitions is a great way to start praying as a family.

For families with older children

- Older children need to be taught how to develop their own prayer life.
- One of the best ways to do that is to invite children into your own prayer life.
 - Purchase two copies of a devotional and do it with your child.
 - Ask them to join in as you pray the Rosary in the car.
 - Share your prayer life with them and encourage them to form their own relationship with Jesus.