

Praying as a family can feel awkward at first. Keep in mind that there are many ways to pray. For example, fold or hold hands at mealtime and thank God for food. Watch the sunset tonight and thank God for creation. Light a candle this evening and thank God for each other. For some, it might be helpful to designate a certain place for family prayer. Find a place away from televisions, computers, and phones. Use a candle, cross, or Bible to create a reverent mood.

Pray always and pray all ways.

