

FAMILY PRAYERS - TRADITIONAL AND SPONTANEOUS

TEACH YOUR CHILD HOW TO MAKE
THE SIGN OF THE CROSS.

IN THE NAME OF THE FATHER, AND OF
THE SON AND OF THE HOLY SPIRIT.
AMEN

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

HAIL MARY

HAIL MARY FULL OF GRACE,
THE LORD IS WITH THEE;
BLESSED ART THOU AMONG WOMEN,
AND BLESSED IS THE FRUIT OF THY
WOMB, JESUS.
HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR OF OUR DEATH.
AMEN

GLORY BE TO THE FATHER

GLORY BE TO THE FATHER,
AND TO THE SON,
AND TO THE HOLY SPIRIT;
AS IT WAS IN THE BEGINNING,
IS NOW AND EVER SHALL BE,
WORLD WITHOUT END. AMEN

ACT OF SORROW which the children learn for First Reconciliation.

MY GOD, I AM SORRY FOR MY SINS WITH
ALL MY HEART.
IN CHOOSING TO DO WRONG AND
FAILING TO DO GOOD,
I HAVE SINNED AGAINST YOU WHOM I
SHOULD LOVE ABOVE ALL THINGS.
I FIRMLY INTEND, WITH YOUR HELP,
TO DO PENANCE, TO SIN NO MORE,

AND TO AVOID WHATEVER LEADS ME
TO SIN.

OUR SAVIOR, JESUS CHRIST SUFFERED
AND DIED FOR US.
IN HIS NAME, MY GOD, HAVE MERCY.

MORNING PRAYER

JESUS, THANK YOU FOR A GOOD NIGHT'S
SLEEP. WATCH OVER ME IN ALL I DO
AND SAY THIS DAY. HELP ME TO
FOLLOW YOUR WAYS AND TO HELP
THOSE IN NEED. ALSO, WATCH OVER MY
FAMILY AND FRIENDS. AMEN

NIGHT PRAYER

JESUS, THANK YOU FOR TODAY, THANK
YOU FOR HELPING TO BE KIND TO
OTHERS. FORGIVE ME FOR THE TIMES, I
WAS NOT LOVING. BLESS ALL WHO ARE
HURTING THIS NIGHT ESPECIALLY
NAME_____. GRANT ME AND ALL
PEOPLE A GOOD NIGHTS SLEEP. AMEN

TRADITIONAL GRACE BEFORE MEALS

BLESS US O LORD, AND THESE THY GIFTS
WHICH WE ARE ABOUT TO RECEIVE,
FROM YOUR GOODNESS THROUGH
CHRIST OUR LORD. AMEN.

A SECOND GRACE BEFORE MEALS

BLESS US, O GOD, AS WE SIT TOGETHER.
BLESS THE FOOD WE EAT.
BLESS THE HANDS THAT MADE THE
FOOD.
BLESS US O GOD. AMEN.

P.S. DON'T HESITATE TO REWARD YOUR
CHILD WHEN HE/SHE LEARNS ONE OF
THE PRAYERS BY HEART.

OTHER PRAYER FORMS FOR THE FAMILY

SUGGESTION #1

Gather together in a place and atmosphere conducive to prayer. You may want to light a candle and open the Bible.

Leader invites all to close their eyes and become aware of Jesus in our midst. After a moment of quiet, the leader asks:

Now, let each of us name one thing that we are grateful for today (or this week).

When everyone has had an opportunity to share, the Leader says these or similar words:

“Thank you Jesus for blessing us today with these good things. Help us to grow in our ability to recognize your blessings in our lives.”

Leader: “Let us now think about one way we showed love to others this day (or this week)” All are given an opportunity to share.

Leader: “Jesus, you call us to live according to your Great Commandment to love you and others, thank you for helping us to show your love to others today.”

Leader: “Let us now think about ways that we failed to love Jesus and others today.” All are given an opportunity to share.

Leader: “For the times we failed to love Jesus and to say and do what Jesus would say and do, let us pray together the Act of Sorrow (see reverse side)

Leader: “What are we anxious about at this time. For whom and what do we need to ask God’s help.” Give each person an opportunity to share and to pray. Try to formulate a prayer. For example, rather than saying: “I’d like to pray for Joey’s health _____” say something live: “Jesus watch over Joey and help him to feel better.”

SUGGESTION #2

Take time to do some spiritual reading. An excellent source is the *Early Readers Bible*. At the end of each story, there are some suggested questions and activities. Also, you might read from a *Children’s Saints Book*. Our parish religious article store, located inside the church is open on Sunday mornings.

SUGGESTION #3

If you do not know how to pray a decade of the Rosary, consider learning to do so. Also, learn the stories of the *Mysteries* of the Rosary.

Each person takes out his/her beads and together pray one or more decades. Your child(ren) could lead (i.e. pray the first part of the Our Father and Hail Mary) and the rest would respond. Do remember to offer each decade for some intention(s).

SUGGESTION #4

Each member of the family blesses the others. The person blessing makes the sign of the cross on the forehead and say “N _____ I bless you, in the name of the Father and of the Son and of the Holy Spirit. Amen.”