

## FAMILY PRAYER

(1/5/2016)

### PRAYERS OF BLESSING

*May you be blessed by the Lord, who made heaven and earth. – Psalm 115:15*

The word “blessing” comes from the Latin word benedicere, which means “to say good things. In prayer, to bless is to dedicate someone or something to God, or to make something holy in God’s name. To receive or bestow and blessing is an act of tenderness.

Blessing a child: A simple way to bless a child is by tracing a cross on the forehead or simply placing your hand on the child’s head. Use a simple prayer like “May God bless and protect you” then pause for a brief moment of silence.

Blessings for the home: While blessings of spiritual articles and blessings offered on behalf of the faith community are reserved for priests and bishops, it is appropriate for all of us to ask God’s blessing up the ordinary parts or our lives.

(12/3/2015)

### FAMILY PRAYER FOR FORGIVENESS

In the midst of a family conflict, it’s often hard to come together and listen to one another. This prayer for forgiveness might start the process of seeking reconciliation, or encourage individuals to read the prayer in solitude.

GOD OF MERCY,

THERE IS HURT, RESENTMENT, AND ANGER IN OUR HOME.

SHOW US HOW TO SETTLE OUR DISAGREEMENTS.

REMIND US TO LISTEN TO EACH OTHER.

HELP US TO FORGIVE EACH OTHER.

MAKE LAUGHTER AND KINDESS A PART OF OUR DAILY LIVES ONCE AGAIN.

RESTORE PEACE IN OUR FAMILY.

AMEN

-Adapted from Pocket Prayers for Parents

(11/17/2015)

A MOTHER'S PRAYER FOR HER CHILDREN

Holy Mother Mary, Who by virtue of your divine motherhood,

Hast become mother of us all

I place the charge which God has given me, under your loving protection.

Be a Protecting Mother to my children.

Guard their bodies and keep them in health and strength.

Guard their minds and keep their thoughts ever holy in the sight of their Creator and God.

Guard their hearts and keep them pure and strong and happy in the love of God.

Guard always their souls and ever preserve in them,

Faithfully, the glorious image of God whom they received in Holy Baptism.

Always Mother, protect them and keep them under your Mothering care.

Supply in your all-wise motherhood, for my poor human deficiencies

and protect them from all evil. Amen.

Queen of the Most Holy Family, Pray for us.

(11/4/2015)

PARENTS PLEASE PRAY FOR YOUR CHILDREN

A PARENT'S PRAYER

Loving God, You are the giver of all we possess,

The source of all of our blessings.

We thank and praise you.

Thank you for the gift of our children

Help us to set boundaries for them,

And yet encourage them to explore.

Give us the strength and courage to treat

Each day as a fresh start.

May our children come to know you, the one true God,

And Jesus Christ, whom you have sent.

May your Holy Spirit help them to grow in faith, hope, and love,

so they may know peace, truth, and goodness.

May their ears hear your voice.

May their eyes see your presence in all things.

May their lips proclaim your word.

May their hearts be your dwelling place.

May their hands do works of charity.

May their feet walk in the way of Jesus Christ, your Son and our Lord.

Amen.

(10/21/2015)

#### PRAYERS OF PETITION

“Ask and it will be given you; search and you will find; knock and the door will be opened for you.”  
- Matthew 7:7.

Family life is full of demands upon our time and energy and patience. The prayer of petition offers each one to God, and listens attentively for the response.

How to compose your family’s prayer of petition: Begin by discussing your family’s immediate needs. Listen to one another and to what speaks to your hearts. Fill in the blanks, giving each family member a chance to add something. Offer the prayer around the dinner table, prior to attending church or as part of a family meeting or discussion. After each one, the family might respond, “Lord, hear our prayer.” Take time to discuss how God has answered other petitions that the family has prayed together previously.

(10/6/2015)

#### PRAY AS A FAMILY

Let us put ourselves humbly before God; let us offer our lives to him, our concerns and all those people whom we come across in our lives. Pray together about the school year, work year or upcoming holidays.

Suggestion: Prayer for those things that frighten or worry us.

Pray as a family: “Lord, we are in a (new school year, a new season. Etc.). We are a bit worried. Certain things make us feel afraid. We are not sure we will be able to do certain things.”

Invite your family members to mention those things that worry them.

Pray as a family: "Lord, we entrust to you all these things that worry us. Give us the courage, the patience and the love to have confidence in you. Yes, Lord, we believe that you are with us."

(9/21/2015)

MAKE PRAYER A PRIORITY

1. When you rise from bed, get down on your knees. Say a quick prayer offering the whole day to God.
2. Communicate with God when you get in the car. Buckle up and say a quick prayer that you will be aware of God's presence in your day.
3. Place a prayer jar in the kitchen. Throughout the day each family member places a note listing a "special intention", then before each family member goes to bed, he/she pulls out a prayer and prays for that need.
4. Fold your hands before you unfold your napkin. Try holding hands during meal time prayer.

Suggestion: Prayer for all that brings joy.

Pray as a family: "Let us put ourselves humbly before God; let us offer our lives to Him, our concerns and all those people we come across in our lives."

Parent leads prayer: "Lord, you know our hearts; give us the strength to live as a family in your love and make this love shine all around us.

Encourage family members to talk about the things that they enjoy and what their hopes are for the coming week.

Parent concludes: "Glory to the Father; and to the Son, and to the Holy Spirit to God who is, who was and who will be for ever and ever. Amen."

All make the sign of the cross: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen".