

Family prayer ideas

Pre-School to Elementary Age Kids

Shorten the Rosary Decade – say the entire rosary, but only say three Hail Mary prayers for each decade. This is a good way of introducing your children to the order of the mysteries and the rhythm of the entire rosary.

Use your hands – say the Five Finger Prayer from Pope Francis!

Thumb: Say a prayer for those closest to you.

Pointer: Say a prayer for school teachers and Sunday school teachers.

Middle: Say a prayer for the president and the country.

Ring: Say a prayer for a sick person or someone with a serious need.

Pinky: Say a prayer for yourself.

Kneel before your kids' bed for bedtime prayers. This is a simple way to remind us of our humility before the Lord, and it's something they'll look forward to!

Middle School Kids

Gratitude Journal – have a small journal that you write in every day with just a few things that you are grateful for that day. Thank God for all of these things, no matter how small they are.

Use this formula for bedtime prayers:

Adoration: First, tell God how much you love and adore him.

Confession: Next, tell God about what you have done wrong and tell him you are sorry. He will forgive you, but he asks that you don't do this thing again.

Thanksgiving: Think about all the positive things in your life and thank God for these blessings.

Supplication: Pray for something you need help with, and for other people who need God's help.

Siren Prayer- Whenever you hear a siren (ambulance, police car or fire truck) offer a prayer for the driver, the individual needing assistance and their families.

High School Kids

Worry Box – Every time you have a big concern such as an upcoming test or a friend issue, put the problem on a piece of paper and inside of a special box for your worries. Place all of your worries here and put it near a crucifix in your home. Every time you pass by it, you can pray for the worries you have put at Jesus' feet.

Tune in – Whenever you're in the car, listen to worship music or religious talks (such as 106.5FM Air1 Hit Music Station, 96.1FM The Branch, or 88.7FM Word Radio). "He who sings prays twice" – St. Augustine.

Prayer Partner – Find a good friend who can pray with and for you anytime! You can call, text, or e-mail each other with prayers.

Prayer Tips for Parents

Create a small nook for prayer - From your car dashboard to a window sill, you can post a small religious picture or hang a rosary. This will remind you to pray whenever you are in this area.

One minute of silence before bed - Set your phone timer for 60 seconds. Take that time to simply be with the Lord, no browsing through your phone or reading a book. Just talk to Him about your concerns. Start in this small way and see if, over time, you can lengthen the minutes.