

Creative Ways to Pray as a Family

One of the most meaningful things we can do as parents, is teach our children the power of prayer.....

Not just the routine of prayer

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Prayer Walks



Take a family walk through the neighborhood. Pray for your neighbors as you pass their homes. Pray for the community leaders who govern your neighborhood. Pray for the local businesses. Pray for the police who keep us safe. Pray for the environment.

Friends and Family Prayer Sticks



Cut and paste a picture of those who are important to your family on the top of a popsicle stick. Place all of the sticks in to a decorated bucket, can or basket. Each day, pull one stick out of the can and include that special person in your family prayer. Remember, prayers can be of thanksgiving, petition, praise, or forgiveness. Help your children learn to talk to God in all of these forms.

World Prayers



Spin the globe. Place your finger on a new place each night. Think about who lives there and what conditions their life might be like. Say a prayer for the people who live there. Say a prayer for peace in the world.

Newspaper Prayers



Review the Current Events section with your middle-schooler. Use felt tip pens to circle people, places and circumstances in need of prayer. Remember to circle the good stories too, and share prayers of thanksgiving!

Cell Phone Prayers



Use technology to lead your family prayer!

Open up your contact list and as a family pick one person to say a prayer for. Remember, prayers can be prayers of thanksgiving, prayers of praise, forgiveness, or intercession. Keep that person in your thoughts as the person of the day.

Egg Timer Prayers



Set the egg timer each evening for family prayer. Spend 15 minutes reflecting on the Gospel message, as Fr. Tim directs.

Family Prayer Box



Keep a large box on the kitchen table. Next to it place a small can containing slips of scrap paper and pencils. At breakfast ask each family member to write a prayer for the day and place it in the box. Prayers might include, *“Dear God, help me pass the spelling test”*, or, *“Dear God, be with me during the soccer tryouts”*. *“Help me remember that the girl who annoys me is also one of your special gifts.”* *“Guide my decisions at work today.”*

Dinner is another opportunity to add a prayer to the box. Pull out all of the slips on the weekend and review, reflect, and rejoice together as a family.

The Five-Finger Prayer



Do you ever have trouble thinking of something to say when you're talking to a friend? Sometimes the same thing happens when praying. You just don't know what to say. Using the following guide can help change that.

1. Fold your hands in prayer
2. Notice the closest finger to you is your thumb.
Pray for those who are closest to you.
3. The next finger is your index, used for pointing.
Pray for those who point you in the right direction (teachers, counselors, coach, pastor)
4. The next finger is the tallest. Pray for the leaders of your school, town, church, and country.
5. The ring finger is the weakest of all fingers.
Pray for the sick and the suffering.
6. The last finger is the smallest. Pray for yourself last, placing the needs of others before yourself.



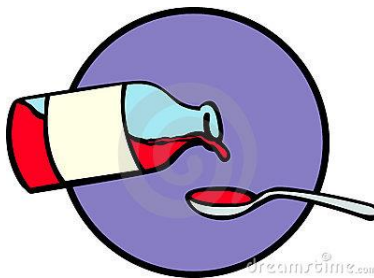
Car Prayers

The car is a perfect place to pray! Everyone is buckled in to a seat and you are in control. Turn off the radio and pray as a family. Pray for:

- A safe trip
- A great game
- In gratitude for the ice cream
- The environment you encounter
- The people who made your car
- Those walking, running, or biking
 - Emergency Workers
- Those who keep the streets safe
 - The family you will visit
 - The homeless people you pass
- A parking space (hail Mary full of grace, help me find a parking space!)

Tune in to a Christian music station and sing

Teaspoon Prayers



Thank you God for _____

Sorry for _____

Please _____

Lunch Notes



Write a prayer asking Jesus to be with your child during the day. Place it in their lunch box as a surprise. Children can write a prayer for their parents and do the same. Stay connected during busy days with God and each other.

Stars and Blessings



Establish an end of the week ritual.....

Spend an evening under the stars. Take turns naming a blessing you possess for each star you count. How wonderful is life!



Family Prayer Collage

Engage in an interactive prayer with your children.

Cut out pictures of family members both living and deceased. Use magazine pictures to accent the individual family members with things they enjoy or activities they did. As you share memories or information about the person, say a prayer for them (*Thank you God for the fun times I shared drinking Coke with Uncle Joe*). Use the completed collage to guide your evening prayers.