

Family Prayer

Personal Prayer

“Pray without ceasing” 1 Thessalonians 5:17



Before we can give the gift of prayer to our children, we must first develop good habits of personal prayer through daily dialog with God. Morning offering, daily scripture reading, and nightly reflection are opportunities to help develop our prayer life.

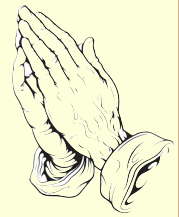
Some secrets to developing a personal prayer life are to select a time to pray, a place to pray, and

commit to praying for a certain length of time. If you start with 5 minutes of prayer initially, gradually increase it over time. The key is to start and commit to making prayer a part of your daily routine.

Prayer is to the soul like breathing is to the body. Without it, your soul will die.

Discussion Questions

1. What do you like to do during your prayer time?
 - Silence
 - Read Scripture
 - Recite memorized prayers
 - Listen to or sing music
2. What is your favorite time of day to pray?
3. Where is your favorite place to pray?
 - Home
 - Church
 - Outdoors
4. Who do you know who prays well. Please describe their prayer style and explain why it appeals to you.
5. What would you like to improve in your prayer life?



FAMILY PRAYER

Family Prayer is essential to forming a strong, loving family. Although it may be awkward at first, family prayer is one of the most important ways in which we pass on the faith to our children and give them an example of putting God first in our lives.



The following are some great times when family prayer should take place. Meal-time prayers, family rosary, spontaneous prayers, Eucharistic Visits (Adoration), and Liturgical Season Prayers and Devotions.

Excerpts from Family Consecration as a Way of Life - familyland.org