

The Domestic Church

Pray! Play! and Love!

The Mission of the Family is to Guard, Reveal, and Communicate Love JPII

Family Prayer

Fostering prayer within the family is the most important of all the best practices. It is the lifeblood of the family, because it takes the family outside of itself and brings it into union with God. An individual prayer life for each parent is a prerequisite, and prayer between the married couple is important as well. All forms of prayer acknowledge that God is important, that we cannot do it alone and that our relationship with God is an essential part of our lives. We pray to God for ourselves, for our marriage and for our family.

Some would say that a strong marriage is the most important foundation for a happy family, but I would say that a strong marriage is the result of a strong prayer life of the husband and wife and their shared prayer together. If there are troubles in the marriage, who should they turn to? They should turn to God in prayer and ask for

his help. Family prayer is no different. The center of our family is not a new baby, it is not our children, it is not mom or dad, it is God. When He is placed at the center of our family life, all family issues, disputes and struggles can be overcome. The surest way to place God at the center of our family is through frequent and sincere family prayer time. While family prayer is the foundation, family play, unconditional love and a strong community are essential bricks that we need in our families to ensure a home built on a solid foundation, in which to raise our families.

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

“Pray without ceasing”
1 Thessalonians 5:17

Discussion Questions

1. What do you like to do during family prayer time?
 - Petitions
 - 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?
 - Table
 - Bedroom
 - Family Room
4. What did you (each parent) bring from your family of origin to your current family prayer time?
5. What have you added to your family prayer time that you did not learn from your families?



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