

# IDEAS FOR *family prayer*



## Bless one another

Make the sign of the cross on your children's foreheads. Say "May the Lord bless and keep you" or a similar prayer.



## Sing

Choose a hymn to sing together. One verse is fine! Some options: Immaculate Mary, Hail Mary Gentle Woman, Salve Regina, Open My Eyes Lord, Holy God We Praise Thy Name...



## P-R-A-I-S-E

P: praise God  
R: repent of failings  
A: ask for help (petitions)  
I: intercede for others  
S: seek God's will / discern  
E: express desire to serve God / Give thanks  
(Formula is recommended by Dr. Greg and Lisa Popcak)



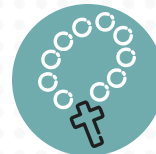
## Litany of Saints

Sing or say the names of various saints, followed by the words "Pray for us!" (Little ones can look at pictures of the saints or hold wooden saint dolls as you do this.)



## Divine Mercy Chaplet

Pray or sing the Divine Mercy Chaplet - or even just one decade of it.



## The Rosary

Pray one or all decades of the Rosary. Little ones can hold their own children's rosaries, look at images of the mysteries, or color pages depicting the mysteries as you pray.



## Let the kids lead!

Ask one or all of the children to pick and lead a prayer, lead petitions, or collect/recite thanksgivings.



## Read/reflect on Bible verse, saint quote, or Catechism passage

FirstFaithTreasury.com has lovely little books with favorite verses and illustrations to accompany them! A perfect resource for family prayer time.



## Guardian Angel or St. Michael Prayer

Call on the angels! Say one of both of these popular prayers: "Angel of God, my guardian dear..." or "St. Michael the Archangel, defend us in battle..."