

HOW TO PRAY ALL DAY

“Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”

~ ST. THÉRÈSE OF LISIEUX



By Lindsey Riesen

Starting your day with a family prayer is the perfect way to center your thoughts on God. But why stop there? As the day goes by, quick prayers help remind us that God is with us ALL day.

MORNING

It's no secret that getting young children ready for the day can be a trying task. Sleepy kids, crying fits over what clothes they do (or don't) want to wear and remembering all the stuff you need to leave the house is enough to make you want to crawl back to bed. A short prayer will go a long way in adjusting your attitude about the day. Including your children in this time will encourage them to start thinking about God and what he wants of them that day.

MEALS

Mealtime is a good time to encourage gratitude. Get kids to think about where the food they eat comes from. Have them talk about the people who helped get the food into their homes. You want your kids to appreciate the gifts and blessings they have received, and food is no different. It's never too early to establish an attitude of gratitude.

NIGHT

At night, have your children look back at their day. Ask them what they were thankful for. See if they can recall anything they did that they feel bad about. Encourage them to think about others who might have had a hard day and need a pick-me-up from God. It might be difficult to get them thinking about these things at first, but after a few days, they will volunteer ideas without being asked.

BEDTIME PRAYER

Mother Mary,

We thank you for watching over us this day. Pray that we will live tomorrow like you would, loving God. We ask that you pray for our family and friends, on earth and in heaven. Watch over us as we sleep.

Amen.

PRAY ALL DAY

PRAYER FOR THE MORNING

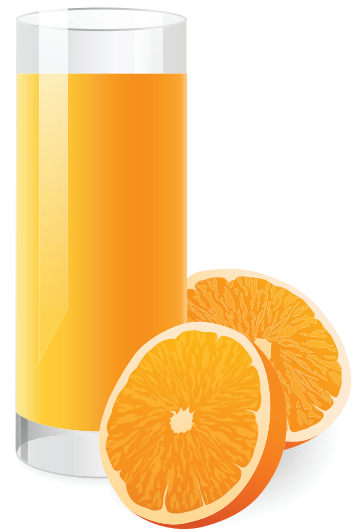
Blessed Mother Mary,

Pray that my family will be protected on our journey to work and to school

And brought back together safe tonight.

With your help, let us make decisions that will make your Son happy.

Pray that we will treat others kindly and remember God throughout our day.



[If you have something special going on that day, add it to the end of your prayer. Get your child to learn how to talk to God by asking them what/who they want to pray for.]

We also ask that you pray for _____.

MEALTIME PRAYER

Jesus, thank you for giving us this food to eat.
We know that we have much to be thankful for.
Help us be generous with our gifts. We pray for
those who do not have enough to eat.

Thank you, God!

GOOD HABITS

As Catholics, we believe prayer is vital to helping kids navigate life's twists and turns. Just like brushing teeth every morning or reading a book every night, a prayer routine can establish habits that can last throughout their lives. Showing children how to talk to God through prayer sets up a foundation for a lifelong relationship with him.

Not only can you pray the same prayers each day, but you can start your own family prayer tradition. This might include praying together in the same spot, holding hands or saying a special blessing for each family member.

Asking children to contribute to family prayers provides a valuable teaching moment. Encouraging children to feel comfortable talking about what is on their mind or in their heart is the first step to lifelong communication, with you and with God! Use these moments to build trust and grow closer as a family.

