

The Praying



Diocese of Winona-Rochester

Family

THE PRAYING FAMILY

Creating a space to intentionally pray together

The Christian family is the first place of education in prayer. Based on the sacrament of marriage, the family is the "domestic church" where God's children learn to pray "as the Church" and to persevere in prayer. For young children, in particular, daily family prayer is the first witness of the Church's living memory as awakened patiently by the Holy Spirit.

-The Catechism of the Catholic Church (2685)

The "little oratory," according to the Catechism of the Catholic Church (2691), is a place where the Christian family can go to foster "prayer in common." This prayer space, or "prayer corner," is considered a favorable place for prayer. This space might include a Bible, icons, rosaries, candles, or any other religious objects that help point us heavenward.

A Catholic home is a place where prayer and faith are fostered. Having a space where family members can go alone or as an entire family can be an incredibly fruitful and useful tool in teaching the foundations of our faith, how to pray, and creating a life-long relationship with God.

This pack was created to help families create this intentional space. We've included the basic items we think will help foster faith and prayer in your family home during the Easter season.

Once you get your prayer space setup and find a rhythm of prayer with your family, we've included a few more resources to help you continue growing in faith and prayer together (at the right) and at our website:
theprayingfamily.weebly.com.



ADDITIONAL RESOURCES

Books

- *The Little Oratory: A Beginner's Guide to Praying in the Home* By David Clayton
- *Theology of Home: Finding the Eternal in the Everyday* by Carrie Gress, Noelle Mering and Megan Schrieber
- *Theology of Home II: The Spiritual Art of Homemaking* by Carrie Gress and Noelle Mering
- *Frame "A Family Prayer" and/or "Prayer Before a Crucifix."*

Add to Your Prayer Space

- Lovely Lady Linens - Linens inspired by the Catholic Faith (www.lovelyladylinens.com)
- Holy water from your local parish. You can use this to begin your prayer together and bless your home.

Like this Prayer Box? Get more!

- Catholic All Year provides Liturgical Season boxes, family prayer materials, and more: <https://catholicallyear.com/shop/>
- Subscribe for Faith in a Year box memberships through Catholic Family Crate: <https://catholicfamilycrate.com/>



What's in your BOX

DIVINE MERCY IMAGE AND NOVENA PRAYER

The Divine Mercy Image was first given directly from Jesus to St. Faustina Kowalska, a religious sister from Poland in prayer in the 1930's. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red (representing Jesus' death on the cross) and the other pale (representing new life in Baptism).

DIVINE MERCY NOVENA PRAYER

"Novena" means "nine," and it symbolizes the nine days the apostles were praying in the upper room before the Holy Spirit fell upon them at Pentecost. To simplify the Divine Mercy Novena prayer for children of all ages, we've created our own prayer card with a printed chaplet that walks you through each prayer. Your family is welcome to place this prayer card at the base of the Divine Mercy image to follow along.

TRAVELING DIVINE MERCY NOVENA CRAFT

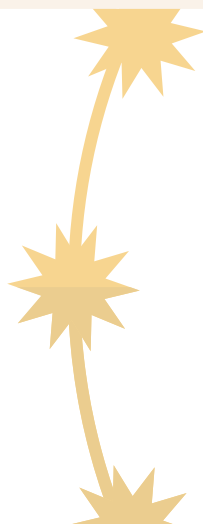
Follow along as a family as you pray the novena together with the Traveling Novena Craft. Directions for praying the novena are given in the next page of this document, and directions for the craft are found in the bag.

WORLD COLORING SHEET

We have included a World Coloring Sheet to help your family visualize praying for the whole world, as Jesus tells us in the novena to pray: "For the sake of His Sorrowful Passion, have mercy on us and on the whole world!"

LITTLE MANUAL OF DIVINE MERCY

The Little Manual of Divine Mercy is exactly that - little! However, it does have the full novena prayers included if you wish to use them. We have also included a small chaplet to place in your prayer space and pray with as a family.





How to PRAY

PLANNING YOUR PRAYER TIME

So what now? We recommend you pick a day and time that work best for your family to pray at least once a week together. Once you have established a day and time, try your best to guard this time, keeping it sacred and set aside for family prayer. If you have a conflict one week with your prayer day, plan a different day and time to pray as a family for that week. Keep it protected from other plans steering your prayer time off course.

HOW LONG SHOULD WE PRAY?

Each family will require different needs, and certain prayers take more time than others. Commit as a family to a length of your prayer time and try your best to keep it consistent each week. The "sweet spot" is about 10-20 minutes of prayer together. If you have small children, 10 minutes may be the maximum time to hold their attention. You know your family best! Below is a suggested format for organizing family prayer that you may adapt to best fit your family's needs.

PROPOSED PRAYER SCHEDULE

Begin with the sign of the cross, asking your family members to remember they are in the Holy Presence of God. Have each family member share one thing they are thankful for.

After completing the Traveling Novena craft, move Jesus to the day that you are praying the Novena (for example, if it is Day 1, he should be under the number 1). Generally, the Novena is prayed daily, ending on the Feast of Divine Mercy (the Sunday after Easter), but for small children we encourage you to adapt this as you see fit. When you have finished the 9 days of the Novena, you can move Jesus to a place in the world map and offer prayers for that particular place in the world you are praying for.

Using the Divine Mercy Novena card, follow along the chaplet to recite a Divine Mercy Chaplet together. Again, if you have young children, you may choose to only pray a decade of the Divine Mercy Chaplet (which is praying around the beads one full time). A full chaplet would include praying around the beads 5 times.

To close your prayer time, ask your family if they have intentions they would like the whole family to pray for. Invite them to share those out loud, and close with a familiar prayer (Suggestion: use "A Family Prayer" found at theprayingfamily.weebly.com/printables).

*If you have older children, invite them to take turns leading your prayer time.

