

The Praying



Family

Diocese of Winona-Rochester

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 in our thoughts in gaze.



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 bag was created to help families create this intentional space. We've included the basic items that we think will help foster faith and prayer in your family home, specifically during Easter and the month of May, which is the Month of Mary.

Once you get your prayer space setup and find a rhythm of prayer there with your family, we've included a few more resources to help you continue growing in faith and prayer together.

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

HAIL MARY PRAYER CARD

The Hail Mary Prayer Card can be framed and placed in your prayer space to aid your family in praying the Rosary together. During your family prayer time, you will be putting together a flower crown for Mary (see below). If you do not have a statue of Mary in your home, you can also "crown Mary" by placing the completed flower crown on top of this framed prayer card (or another image or statue of Mary you have in your home).

ROSARY CARDS

The rosary is a sacramental (a prayer, object, or event that points to sanctifying grace, holiness, and sainthood), and it can be prayed in its entirety or one decade at a time. We've created a rosary prayer card, and other smaller prayer cards including other prayers you will need, to walk you through the steps of praying the rosary together as a family. We highly suggest using a beaded rosary you already have to pray with and passing the rosary around to each person who is praying out loud at that time.

FLOWER CROWN CRAFT

"Crowning Mary" is an ancient tradition that honors Mary as the Queen Mother. If you have a specific intention as a family, "crowning Mary" with that intention is a very powerful intercessory prayer. We have created a craft designed to help your family build a flower crown for Mary as you pray together.

GLORIOUS MYSTERIES COLORING PAGES

Take time either before or during your prayer time to color the Glorious Mysteries of the Rosary coloring pages and hang them up in your prayer space. One suggestion is to use the plastic bag and cardboard they are packaged in, place the image of the mystery you are praying in the bag in front of the cardboard, and lean it against the wall to display it.





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, and 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.

Begin by sharing the ways you felt God's presence in your life this week.

Color a Glorious Mystery coloring page, display it in your prayer space, and pray a decade of the rosary together.

Take turns picking out a flower to put on your flower crown. Have each person who picks a flower tell the family what they are offering (or have offered) to Mary with their flower (a kind word, action, special prayer, etc.).

To close your prayer time, ask your family if they have intentions they would like the whole family to prayer for. Invite them to share those out loud, and close with a Hail Mary.

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

