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Ways to Pray as a Family

NO MATTER THE AGE OF YOUR CHILDREN,
IT'S NEVER TOO LATE TO BEGIN PRAYING WITH THEM.
IT HELPS TO REMEMBER THAT PRAYER IS SIMPLY A
CONVERSATION WITH GOD.
HERE ARE A FEW IDEAS TO GET YOU STARTED:



1

Sentence Prayers

HELP YOUR CHILDREN PRAY ALOUD BY GIVING THEM
A SENTENCE TO COMPLETE, SUCH AS:

“LORD, I THANK YOU FOR ...”

“LORD, FORGIVE ME FOR ...”

“LORD, HELP MY FRIEND ...”

“LORD, HELP ME BE MORE ...”

“LORD, HELP ME TO LET GO OF ...”

“LORD, GIVE ME THE COURAGE TO ...”

LORD, ONE OF THE FEARS I NEED HELP WITH IS ...”



2

Highs & Lows

ASK YOUR CHILDREN WHAT THEIR BEST AND WORST MOMENTS WERE FROM THE DAY. SHARE YOUR HIGHS AND LOWS AS WELL, AND THEN PRAY FOR THEM TOGETHER.



3

Prayer Journal

SHARE YOUR PRAYER REQUESTS WITH THE OTHER MEMBERS OF YOUR FAMILY AND THEN RECORD THEM IN A PRAYER JOURNAL. ONE PERSON CAN PRAY FOR ALL THE REQUESTS YOU'VE LISTED FOR THE DAY. THE NEXT TIME YOU PRAY TOGETHER, LOOK OVER THE REQUESTS YOU LISTED PREVIOUSLY AND UPDATE ANY CHANGES AND ANSWERS. THIS IS A GOOD WAY TO SEE HOW GOD HAS BEEN ACTIVE IN YOUR PRAYER LIVES.



4

5-Finger Prayer

POPE FRANCIS DEVELOPED THE 5-FINGER PRAYER TO HELP OUR CHILDREN PRAY:

- **THUMB:** WE PRAY FOR OUR FAMILIES, AND THOSE CLOSEST TO US.
- **POINTER FINGER:** WE PRAY FOR THOSE WHO TEACH
- **MIDDLE FINGER:** WE PRAY FOR OUR LEADERS
- **RING FINGER:** WE PRAY FOR THE SICK AND LEAST AMONG US.
- **PINKY FINGER:** WE PRAY FOR OURSELVES



5

Traditional Prayers

PRACTICE MAKES PROGRESS!

**EACH NIGHT FOCUS ON ONE TRADITIONAL PRAYER
TO LEARN. SOME GREAT OPTIONS ARE:**

**GLORY BE
OUR FATHER
HAIL MARY
GUARDIAN ANGEL PRAYER
ANGELUS**