

Sunday Q&A

Your Faith in Focus



A “ROSE” FOR MOTHER MARY

How do I pray the Rosary with my kids?

If praying the Rosary on your own is powerful, imagine how meaningful it is to pray the Rosary as a family. Most of us know that a family Rosary is a wonderful thing. Those with small children also know how intensely difficult it can be to invite our children into prayer. In a video on *Ascension Presents* that this text is excerpted from, Jackie and Bobby Angel—parents of five children—give some real-life, actionable tips from their own experience.

Tips for a Family Rosary

Praying the Rosary with children—is it possible? Can it actually be done? The challenge is real. When our children are young, it’s hard to expect them to sit still and focus.

However, even in the mess, there’s grace. Showing up, however imperfectly, is more important than doing it perfectly. Children might not understand all the significance, but they see the value we place on prayer. Holy men and women like St. Thérèse of Lisieux and Venerable Fulton Sheen recalled praying the Rosary as children with their families. As Venerable Patrick Peyton famously said, “The family that prays together

stays together.” Setting aside time as a family to honor the Lord through Mary is not just about doing it perfectly but about making it part of our lives.

For many, simply starting is the hardest part, especially if you didn’t grow up with the Rosary. We’re learning, too! Even if it’s just one Our Father and ten Hail Marys for now, that’s a great start. Remember that praying together is about growing in our relationship with Jesus, modeling our faith, and showing our kids that it matters.

Here are a few tips that have worked for our family:

- **Use Visual Aids:** We have books with pictures of each mystery to help the kids visualize what we’re praying about. They can take turns holding a picture or reading a short verse about the mystery. Even our youngest, at four, can say the Hail Mary (even if it’s sometimes garbled!).
- **Break It Down:** You don’t have to pray all five decades in one sitting. Start with a decade or two. As children get older, it will be easier to add more.
- **Get Creative with Participation:** Sometimes, we give each child a job—one holds the crucifix, and another announces the mystery. This keeps them engaged and makes them feel like they’re part of it.

- **Make It Tangible:** Little ones love tactile things. We sometimes give them a crucifix to hold or a chewable Rosary made of food-grade silicone.
- **Use Analogies:** We’ve taught our kids that each Hail Mary is like offering a rose to Mary. Sometimes, we let them place a fake rose down for each prayer, making it a more concrete offering.
- **Rely on Audio Aids:** When things get too hectic, we’ve turned to audio or video Rosaries. The kids still hear the prayers, even if they’re running around.
- **Pray with Other Families:** When our kids see other families doing the same thing, it reinforces that this is not just something “Mom and Dad make us do.” This is part of a larger community of faith.
- **Let Go of Perfection:** Kids will be kids. They might run around, argue, or get distracted, and that’s OK. The goal isn’t a picture-perfect prayer time. You simply want to instill in your children the value of prayer so they can show love for Jesus and his Mother.

Ponder and Pray

- What are your personal experiences with the Rosary?
- What are your family experiences?
- When would be the best time to pray the Rosary as a family? Who do you envision being a part of it?

Make It Your Own

A Family Rosary Plan

When is the most realistic time?	
What is the best place to gather for your family?	
Which of the tips above seem like they will be the most helpful?	
Who should be there for family Rosary time?	
What else do you need to make this happen?	

Tip of the Week

If praying a whole Rosary seems like too much, start with a decade—today!

Dive Deeper

To watch Jackie and Bobby Angel’s *Ascension Presents* video on this topic, scan the QR code or visit: <https://media.ascensionpress.com/video/how-to-pray-the-rosary-as-a-family/>.

