

FAMILIES ON FIRE



Reflection: September: Prayer

“Pray without ceasing” is what St. Paul says in 1 Thessalonians 5:17. Praying is a very powerful weapon we can use in all circumstances. No prayer to big or small is ever wasted! There are many ways and forms to pray. But the main thing to keep in mind about prayer, is how it is a chance to be in deep communication with God! As Catholics, we are extremely blessed with many resources and examples from the Saints on different opportunities we are given to pray. We can use formal prayers and informal prayers. This month spend some time digging deep into prayer!

1. Praying as a family is not only rewarding but it increases unity! Sit down as a family and start a prayer routine along with a “praying space” in your home. It doesn't have to take long or even be elaborate. Whatever works for the family! Practical is key! Using favorite Christian books, pictures, a Crucifix, and a Catholic Bible are great starters!
2. Mass is the greatest prayer we have as Catholics! Take some time to learn about the Mass and our role as a community in it! Our FORMED program through the parish has a great cartoon to watch as a family. It is called Brother Francis: The Mass, A Life-Giving Prayer. Contact the Parish Office for more info.
3. The Catechism of the Catholic Church says there are 5 Forms of Prayer: 1. Adoration 2. Petition 3. Intercession 4. Thanksgiving 5. Praise. Learn and incorporate each one throughout the month as a family (books, videos, google searches, can help with this).
4. Do some research on formal prayers the Church has already produced for us! You can find one specifically for families or a cause your family has. Then print a photo of it so it can be used and memorized. Tip: Hang it in a spot where it can be viewed a few times a day!

“He who prays most, receives most”

Saint Alphonsus Liguori