

Prayer for the Start of a New Year

O God, we long to know you and to love you, but the busyness of life often gets in the way. Help us to recognize the ordinary, daily ways that our family can learn about you and grow closer to you. We know that you are with us, leading us and guiding us on our way. Amen

5 Ways to Make Prayer a Priority in your Family

The hectic pace of family life can often mean that prayer gets lost in the shuffle. Here are five simple, practical tips to encourage prayer within your family life.

1. When you rise from bed, get down on your knees.

(Put your bedroom slippers or shoes far under your bed at the end of the day. Each morning, while on your knees retrieve your foot wear, say a quick prayer offering the whole day to God.)

2. Communicate with God whenever you climb into the car.

(Many families spend a whole lot of their time in the family vehicle. As you buckle up, say a quick prayer that you will be aware of God's presence in your day).

3. Place a prayer jar in the kitchen.

(Keep a jar in the kitchen in which each family member, each day, places a note listing a "special intention" that others in the family can pray for. Before each family member goes to bed, he or she pulls a note from the jar and prays for that need.)

4. Fold your hand before you unfold your napkin.

(Before each meal, take a few moments to thank the One who provides all that you need and blesses you with the lives of those around the table. Try mixing up rote prayers with spontaneous prayers, silent prayers with sung prayers.)

5. Pray when people or events upset you.

(If you want a sure-fire way to pray more each day, make a habit of saying a short prayer whenever someone irritates you. A quick "Help me, God" is Sufficient. You'll never run out of opportunities!)

- Thanks be to God.

Excerpts taken from "Catechist's Journey" Joe Paprocki www.loyolapress.com 800-621-1008

Little Prayers to God

- My God and my all.
- Lord, I love You.
- Praised be Jesus Christ.
- Heart of Jesus, I put my trust in You.
- My Jesus, mercy.
- Lord Jesus, bless all the children of the world.
- Holy Spirit, make my soul holy.
- Holy Spirit, Teach me to pray well.