

Pray for Your Family

God, help us to know that beneath all our pain and longings is a longing for you. Amen

Your Child's Spiritual Development: WE OFFER OUR NEEDS TO GOD

As we follow the way of Christ, we will experience a number of paradoxes. One is that it is in our weakness that we come to know God's strength. This can be a difficult lesson, because our society prizes self-reliance. While having a strong sense of ourselves and what we are able to accomplish and achieve is healthy, the truth of the matter is that none of us can get through life totally on our own. It's crucial that we learn that even in our weakest and most vulnerable moments, we are loved by God. In fact, it's often in those weak and vulnerable moments that we are most likely to experience the tender care of God.

Coming to the altar to receive the Body and Blood of Christ is a moment where our needs show. We come because we are spiritually hungry. We come because we need a strength beyond ourselves to carry on. Here are some ways you can help prepare your child to bring moments of vulnerability to God:

1. Let your child know that it's OK to ask for help. Welcome your child's expressions of need, helping your child to find and use sources of strength in others, in God, and in himself or herself.
2. Acknowledge with your child that there are times you need help from others. Let your child see you praying.

Learn the SERENITY PRAYER together:

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Pray this extra prayer before bed (fill in these blanks):

_____ was just what I needed today! _____ helped me with this need by _____ .I'm grateful to _____ and to God for answering this need today.

Then, pray for all those in need, ask God to share his loving care.