

Pope Francis Five Finger Prayer

This is inspired by Pope Francis who said you only need your fingers to pray!

Gather as a family around the kitchen table.

Invite each person to hold out one hand and ask them to pray out loud:

When we look at our thumb we pray for family and friends.

Our second finger reminds us to pray for leaders and teachers .

Our third is for those who lead our country.

The fourth is for those who are weak or sick

The fifth reminds us to pray for ourselves.



End the prayer by joining hands together and saying the Our Father.



Family
Friendly

Ways

Of

Praying

This little booklet is a resource for your family to help you grow in prayerfulness.

The best way to grow in prayerfulness is to pray, but today we can be shy about doing this as a family.

When we take time to turn off the telly and our ipads and actually get down to being present to each other and to God we realise that this helps our family life.

In each of these pages are simple ways to encourage you and your children to find easy ways to pray together and to tune into the presence of God from time to time, so that it becomes a habit of the heart.

Please enjoy using this and pass it on to friends if you think they will find it helpful.

Movement Prayer

We can pray with our bodies, as well as with words or in silence.

This is a prayer you could do together in the garden!

God you are above (reach arms out to the sky)

Inside me (place your hand on your heart)

and all around me. (make a big arm circle)

I thank you (reach arms out to sky)

I give my life to you (touch your toes)

and I love you (hand on heart)

with all that I am (hold out both hands).



Looking Back Prayer

This is a prayer for the end of the day, perhaps as children are being put to bed.

Invite the children to close their eyes and go back to the beginning of the day remembering all the moments as if it were as DVD.

Invite them to share any moments they remember.

Then pray:

We remember that God is with us now as we get ready to sleep.

We take time to remember all the good things that happened in our day.

We give you thanks Lord for all your goodness.

We take time to remember some of the things that happened in our day that made us sad, or times when we made others sad.

We ask you Lord to be kind to us and forgive us.

Be with us as we sleep and protect everyone we love.



ABC prayer

Turn off the television, phone, ipad or anything else that will distract you.

Sit together in the living room or kitchen.

Invite everyone to close their eyes and think about who or what they would like to pray for.

Then invite each family member to pray for something beginning with 'A'.

Invite each person to begin their prayer by saying:

We thank you for.....

Do the same for the letter 'B', then the letter 'C'.

End your prayer by saying together

Glory be to the Father,

and to the Son

and to the Holy Spirit.



Asking Prayer

Invite the family to listen to these words of Jesus:

'I will do whatever you ask in my name.'

Now invite each person to think about what they need from Jesus today to live in his love.....

For some this will be that they ask to be kinder and more thoughtful of others.

For others their prayer may be that they ask for strength.

For others that they want someone who is sick to get better.

Invite each family member to say out loud:

'Lord today I ask you for.....'

When everyone has asked for what they need today end by praying the Our Father.

Egg Timer Prayer

It can be difficult to practice silent prayer with small children.

Making use of an egg timer can help children focus. This prayer experience is about stillness and attention.

Place an egg timer on the kitchen table.

Gather the family around it and invite everyone to listen out for silence.

Invite each person to take time to look at the egg timer and as they look to imagine that God is with us in each drop of moving sand.

As the sand slowly moves and fills up, just sit and watch and enjoy the quiet.

When the sand has completely moved to the lower end of the egg timer, ask 'Who would like more silence?' 'If you do turn the egg timer and we'll start again.'

End by praying

Glory be to the Father,

and to the Son

and to the Holy Spirit.



Echo Prayer

Gather around the kitchen table or living room.

Say a short prayer or phrase of a prayer.

Then invite family members to repeat that prayer or phrase.

SOME SUGGESTED STARTER PHRASES:

- *Holy Mary, Mother of God, pray for us sinners now.*
- *Christ be with me, Christ beside me*
- *The Lord bless you and keep you*
- *Come Holy Spirit fill our hearts with your love*
- *Come Lord Jesus Come*
- *Blessed be God forever*
- *Lord have mercy*



*End by praying Glory be to the Father,
and to the Son and to the Holy Spirit*

Bible phrase prayer

It can be very helpful in family life to hear words of comfort and reassurance. This prayer helps us to feel that comfort.

Invite everyone to close their eyes and take time to be still.

When everyone is in a calm state, invite the family to listen to words from the Gospel as if Jesus is speaking to them directly, read these phrases slowly:

'It's me, it's alright, don't be afraid.' John 6:20

'Come to me, I will give you rest.' Matthew 11:29

'Make yourselves at home in my love.' John 15:9

After this invite everyone to share the phrase they like best, and why they like it.

End by blessing each other on the forehead with the sign of the cross.

Candle Prayer

Word of caution, make sure any candle you use is safe for holding and will not burn anyone!

Gather together in the kitchen or living room.

Invite a family member to light the candle.

Then ask everyone to think about who or what they would like to pray for today.

Pass the candle around and ask each person to hold the candle remembering who or what they are praying for.

They can simply hold the candle in silence or say a prayer out loud.

When they are finished invite them to pass the candle onto the next person.

When the candle gets back to the first person end by saying together:

*Glory be to the Father,
and to the Son
and to the Holy Spirit.*



Cross Prayer

This is similar to candle prayer. You will need a small cross to hold in the hand.

Gather together in the kitchen or living room.

Then ask everyone to think about who or what they would like to pray for today.

Pass the cross around and ask each person to hold the cross remembering who or what they are praying for.

They can simply hold the cross in silence or say a prayer out loud.

Remember especially those who are sick or suffering as we hold the cross.

When the cross gets back to the first person

*end by making
the sign of the cross together.*

