

ENRICHMENT: PRAYER

Learning to Pray Every Day

King David loved God above all else. He showed His love for God by praying often. We should show our love to God by praying to Him every day. King David wrote songs called psalms. These psalms teach us how to pray in different ways.

You can use the psalms in the following ways to help your family pray every day:



- **We praise God by telling Him how good, holy, loving, and powerful He is.** Make the Sign of the Cross every morning.
 - Begin with this psalm: “God is the king of all the earth; sing praises with a psalm!” (Psalm 47:7).
 - Now use these words to express praise to God: “God, I praise You because You are ____.” *(Responses may include almighty, all-loving, all-knowing, glorious, merciful, and my loving Father.)*
- **We thank God for His love, grace, and blessing He has given us.** Before dinner, as a family thank God for His love, care, and all blessings He has given you.
 - Begin with this psalm: “O give thanks to the LORD, for he is good; for his mercy endures for ever!” (Psalm 107:1).
 - Now have every person give thanks to God for one blessing in her life. Say “God, I thank You for ____.” *(Responses may include something good that happened today, a member of my family, a friend, the Church, God’s love, God’s care, grace, and virtue.)*
- **We ask God to forgive our sins and tell Him we are sorry for any sins we have committed.** As part of your prayer before bed, as a family pray to God for forgiveness.
 - Begin with this psalm: “I am sorry for my sin” (Psalm 38:18).
 - Now have everyone say in silence to God one thing he is sorry for doing or saying that day. End by praying an Our Father together.