

Family Faith

Chapter 4

We Pray to God

We listen and talk to God in prayer.

Chapter Summary

Prayer is talking and listening to God. When we tell God how much we love Him, we are giving Him praise and adoration. When we ask God for His help, we are saying prayers of petition. When we thank God for all our blessings, we are saying prayers of thanksgiving. All forms of prayer are important.

More for Parents

One of the best gifts that parents can give their children is teaching them to pray. It is important for children to know that they can speak to God in their hearts as well as with the standard prayers of our faith. If children know how to pray, they will turn to God when they are sad, scared, lonely, or misunderstood. They will be more thankful as they see God as the source of all good things. Family prayer time can be both simple and meaningful. Families can pray in the morning, before and after dinner, and before bedtime. This provides the foundation for a lifetime of prayer. Families might begin by thanking God for the blessings of the day. Then they can ask God and one another for forgiveness for mistakes made and conclude by asking God for the needs of the family.

Our Family Prays Together

Dear God, You made us to be close to You. You want us to talk to You. You want us to listen to Your words of love. Holy Spirit, help us pray! Amen.

Let's Talk about It as a Family

- *What do we call it when we talk and listen to God? (Prayer.)*
- *When we pray to God, we should talk to Him and _____ to Him. (Listen.)*
- *Are prayers of praise and adoration telling God how much we love Him and how great He is? (Yes.)*
- *When we ask God for things we need, do we call these prayers of petition? (Yes.)*
- *Should we always thank God for all our blessings? (Yes.)*

Let's Live Our Faith

- Discuss how your family can practice listening to God in quiet prayer and in the Bible.
- Discuss this Bible verse with your family (read from the Bible): "I have loved you with an everlasting love" (Jeremiah 31:3).

Family Faith Activities

Choose one or more of the following to do as a family:

- Set aside some time each day to pray together as a family. Focus on prayers of thanksgiving for all your family's blessings.
- Practice the Sign of the Cross.
- Before or after Mass, take your children to light a vigil candle to pray for a special family intention.
- Read and discuss the *Small Wonders* story as a family by going to the parent portal.

For more family faith formation resources, go to the parent portal.