

## My Family Prayer Time

Praying the *Hail Mary* each day will help you to realize that Mary is the Mother of Jesus and your Spiritual Mother. Jesus gave us His Mother to be our own Spiritual Mother as He was dying on the Cross for us. You will grow in your understanding that Mary loves you and wants to lead you closer to Jesus. You can pray with and to Mary for all of your intentions. Some people, with great respect, call her “Mama” or “Mommy.”

Begin your prayer time with the Sign of the Cross.

### *Sign of the Cross*

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen**

**The Father, Son and Holy Spirit live in us through Baptism. Close your eyes and take some time in silence to be aware of Jesus within your heart and to greet Him.**

**Then greet Mary**

**As a family, have each family member thank Jesus for two blessings:**

such as: your parents, being loved by God as His child, being with family; food and water; a friend; learning something new; God’s creation; a person that treated you nice; an answer to prayer.



### *Hail Mary*

**Hail Mary, full of grace, the Lord is with you.  
Blessed are you among women,  
And blessed is the fruit of your womb, Jesus.  
Holy, Mary, Mother of God, pray for us sinners  
now and at the hour of death. Amen.**

Close your prayer time with the *Sign of the Cross*.

Dear Parents,

As the primary educators of your children, we thank you for allowing us to partner with you to help your children come to know the Person of Jesus Christ through studying the Catholic Faith, daily conversation with Him in prayer and reception of the Sacraments.

Learning about God needs to be accompanied by daily prayer in the home in order for your child to develop and grow in a personal friendship with Him. This relationship with the Son of God in turn strengthens your child, and every member of the family, on the true path to happiness. That is why your child will be learning several prayers this year. One prayer will be the specific focus throughout the entire year for First Grade. Praying and focusing on the *Hail Mary* throughout the entire year will allow your child to come to know Mary and her special role in God's plan as the Mother of Jesus and our Spiritual Mother.

### **Why pray the *Hail Mary* daily?**

As our Spiritual Mother, we can turn to Mary and talk with her about anything. She will listen and pray with us. Mary leads us to Jesus and we can learn from her how to be a committed follower of Our Lord, which will bring peace and joy. As recorded in the Bible, Mary said, "Do whatever He tells you." (John 2:5)

It may be helpful to begin by having your child repeat each phrase after you. Further, praying the *Hail Mary* slowly as a family on a daily basis will make it easier to learn the words. To be consistent, it is essential to choose a specific time that best fits your family life, such as

- At a meal time
- Just after getting out of bed or before leaving home in the morning
- In the evening or at bedtime

It is helpful to have a picture or statue of Mary and/or Jesus to help stay focused during prayer time.

For further suggestions to help your child learn and understand the *Our Father* go to <http://diolc.org/catechesis/prayer/> First Grade