

My Family Prayer Time

Praying the *Our Father* each day helps you to come to know God as your loving Father.
As you spend time with Him in conversation (in prayer),
you will realize more and more how much He loves you.

Begin your prayer time with the Sign of the Cross.
Make the Sign of the Cross respectfully because you are honoring each Person of the Blessed Trinity.

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. Take some time in silence to be
aware of Our Heavenly Father within your heart and to greet Him.

As a family, have each family member thank Our Father 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.



"God created man in His image; in the divine image He created him; male and female He created them."
(Genesis 1:27)

Our Father

Our Father who art in Heaven, hallowed be Thy name.
Thy Kingdom come, Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not in to temptation
but deliver us from evil. Amen.

Close your time of prayer 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. The *Our Father* is the prayer that will be the specific focus throughout the entire year for Third Grade.

Why pray the *Our Father* daily?

Jesus gave us this prayer so that we could know joy in continually praising our Heavenly Father. Jesus also wanted us to experience peace through asking the Father for everything that we need. He knows the most important things in life that will bring us true joy and peace and He is continually faithful. As we speak with Our Heavenly Father each day in pray, we will come to recognize more and more how much He loves us

It may be helpful to begin by having your child repeat each phrase after you. Further, praying the *Our Father* 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 Jesus to help stay focused on Him during prayer time. Reading the Bible stories of the major events of Jesus life will help the Mysteries of Jesus' life to "come alive" for your child.

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

