

Family Prayer Time with Jesus

Jesus loves you and your family. He wants to spend time with you in prayer. By praying the Apostles' Creed each day, you will learn the foundational truths of the Catholic Faith so as to develop and deepen a friendship with the Person of Jesus. You will grow in awareness of all that God the Father, Son and Holy Spirit have done for you. You will recognize more and more how much Jesus loves you. With these Truths in your heart, and coming to know Jesus better personally, you will become more disposed to trust Jesus in everyday life.

Begin your prayer time with the 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 Jesus within your heart and to greet Him.

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.



The Persons of the Blessed Trinity were revealed at Jesus' baptism, when the voice of the Father was heard and the Holy Spirit was symbolized by the dove. (Matthew 3:16-17)

The Apostles' Creed

**I believe in God, the Father Almighty, Creator of Heaven and earth;
and in Jesus Christ, His only Son, our Lord:**

**Who was conceived by the Holy Spirit, born of the Virgin Mary;
suffered under Pontius Pilate, was crucified, died and was buried.**

He descended into hell; the third day He rose again from the dead;

**He ascended into Heaven, and is seated at the right hand of God the Father Almighty;
from thence He shall come to judge the living and the dead.**

**I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints,
the forgiveness of sins, the resurrection of the body, and life everlasting. 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. The *Apostles' Creed* will be a specific focus throughout the entire year for Fifth Grade.

Why pray this prayer daily?

In praying the *Apostles' Creed* each day, we realize better how much God loves us by giving us a summary of everything He has done for each one of us.

- God the Father created us for a friendship with Himself. He knows each of us by name.
- Our friendship is broken through sin.
- Jesus restores our friendship by giving His life for us through His Death and Resurrection.
- We respond to Christ by speaking with Him in prayer each day and inviting Him to be at the center of our lives.
- We can trust Jesus. He only wants what is best for us. We want to follow Him.

It may be helpful to begin by having your child repeat each phrase after you. Further, praying the *Apostles' Creed* 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
- At bedtime

It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. Reading Bible stories about God creating Heaven and earth (Genesis 1) the announcement to Mary by the Angel Gabriel that she would conceive the Son of God (Luke 1:28-35, 38) the birth of Jesus (Luke 2:6-12) the Death of Jesus (John 19:25-30) the Resurrection of Jesus (Matthew 28:1-8) the Ascension of Jesus into Heaven (Act 1:8-11) the coming of the Holy Spirit (Acts 2:1-6, 38-41) will help the *Apostles' Creed* "come alive" for your child.

For further suggestions to help your child learn and understand the *Apostles' Creed* go to <http://diolc.org/catechesis/prayer/> Fifth Grade