

My Family Prayer Time

We always begin and end our time of prayer with the *Sign of the Cross*.

You will want to recognize the gesture that you are making is a Cross, because Jesus died on the Cross for our sins. Praying the *Sign of the Cross* will help you become more aware of how much God loves you. You will want to make the *Sign of the Cross* respectfully as you are addressing and giving honor to the three Persons of the Blessed Trinity: Father, the Son and the Holy Spirit.

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. Close your eyes and take some time in silence to be aware of Jesus within your heart and 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; the gift of a Guardian Angel; a friend; learning something new; God's creation; a person that treated you nice; an answer to prayer.



Sacred Art depicting the Father, the Son and the Holy Spirit. The dove is a Biblical image of the Holy Spirit.

A related prayer to the *Sign of the Cross* is the *Glory Be*. "Glory" means praise and honor.

We want to praise God because He is all good, and for all His goodness to us.

Glory Be

**Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning is now, and ever shall be, world without end. 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, the *Sign of the Cross*, will be the specific focus throughout the entire year for Kindergarten. Praying and focusing on the *Sign of the Cross* will help your child begin to know the three Persons of the Blessed Trinity: God the Father, God the Son and God the Holy Spirit. When we make the *Sign of the Cross* at the beginning and end of our prayers, we are telling God we believe in Him, and we are offering our prayers to Him.

Why pray the *Sign of the Cross* daily?

The Father sent His Son – Jesus – to die on the Cross for each one of us so that our sins could be forgiven and we could become adopted children of God. Making the *Sign of the Cross* and praying in the name of the Father, Son and Holy Spirit will remind us of God's incredible love for each one of us. We make the *Sign of the Cross* by:

- 1) touching our forehead and praying "in the name of the Father",
- 2) then touching our chest (near our heart) praying "and of the Son",
- 3) then touching our left and right shoulders praying "and of the Holy Spirit. Amen."

It may be helpful to begin by having your child repeat each phrase after you. Further, praying the *Sign of the Cross* slowly as a family on a daily basis will make it easier to learn the words and gestures.

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.

For further suggestions to help your child learn and understand the *Sign of the Cross Prayer* go to <http://diolc.org/catechesis/prayer/> Kindergarten