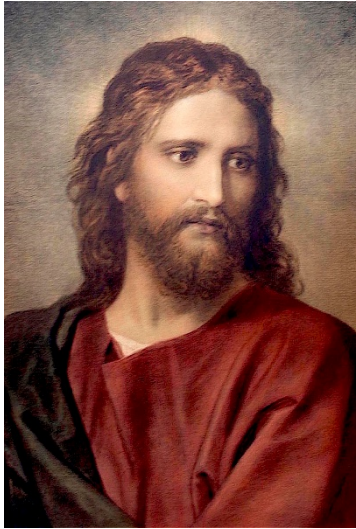


Our Family Prayer Time

This time of prayer focuses on the *Sign of the Cross*. We always begin and end our time of prayer with the *Sign of the Cross*. Praying the *Sign of the Cross* will help us remember that Jesus is close to us. Follow the steps that are listed below.



Begin your prayer with the *Sign of the Cross*.

The *Sign of the Cross* affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross. A related prayer to the *Sign of the Cross* is the *Glory Be*. "Glory" means praise and honor. We praise God because He is all good, and for all His goodness to us.

The Sign of the Cross

(pray together aloud)

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

Jesus, please give me the grace to quiet down so as to become aware of Your love for me. Jesus, I want to spend this time with You. Help me to give You my full attention and to pray from my heart.

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.**

- **THINK** about something you have done wrong today and tell God that you are sorry.
- **PRAY** the *Sign of the Cross* and the *Glory Be* a second time, more slowly than the first time, from the heart.
- **CHOOSE** a word or phrase from the Prayer that you like. Share why you liked this word, if you can, with those with whom you are praying.
- **THANK** Jesus in your own words for something good you received. Share this aloud.
- **ASK** Jesus for something that you need. Share this aloud if you can.
- **PRAISE** Jesus using one of His names: my Savior, Good Shepherd, Lamb of God, my Helper.

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



Dear Parents,

You are the primary educators of your children. It is necessary to help your sons and daughters come to know the Person of Jesus Christ through studying the Catholic Faith, conversation with Him in prayer each day and attending Mass every Sunday with the parish community. The Catholic school teacher or parish catechist will support you as the primary educators of your children.

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 Jesus in turn strengthens your child, and every member of the family, on the true path to happiness. While your child will be learning other prayers in Kindergarten, the *Sign of the Cross* is the prayer that will be the specific focus throughout the entire year. 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. Praying the Sign of the Cross reminds us that Jesus is very close to us. A related prayer to the *Sign of the Cross* is the *Glory Be*.

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." (and then folding our hands)

Begin by teaching your child the gesture of the Sign of the Cross. Then, a few weeks later, have 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, 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.

It is common to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with our Heavenly Father.

When we pray for something, we can trust that God will answer every prayer in a way that is best for us. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect.

For further suggestions to help your child learn and understand the *Sign of the Cross Prayer* go to www.diolc.org/prayer/ Kindergarten

