

My Family Prayer Time

This time of prayer focuses on the *Angel of God*. Praying the *Angel of God* each day will help us remember that God, in His great love for us, gave us our own guide, a Guardian Angel.

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.

Sign of the Cross

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

(Pray together aloud)

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 in the company of my Guardian Angel. Help me to give You my full attention & to pray from my heart.

Angel of God

Angel of God, my guardian dear, to whom God's love commits me here.

Ever this day be at my side, to light and guard, to rule and guide. Amen

- **THINK** about something you have done wrong today and tell God that you are sorry.
- **PRAY** the *Angel of God* a second time from the heart, more slowly than the first time.
- **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 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, daily conversation with Him in prayer 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 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. While your child needs to learn other prayers in Pre-Kindergarten, the *Angel of God* is the prayer that will be the specific focus throughout the entire year.

Praying the *Angel of God* Prayer daily will help children learn about God's gift of their Guardian Angel. And this will be a daily reminder to be open and aware of the guidance and protection of their Guardian Angel. It is especially comforting that God has assigned to each person a guardian angel that accompanies us on our journey to Heaven. We are reminded in the *Angel of God* prayer that we can ask our guardian angel for protection, guidance, light and intervention. Praying this prayer each day will also serve as a prompt to thank God for this gift.

In our culture, we tend to think of angels as little decorative cherub ornaments rather than the powerful spiritual beings that in reality they are. A surprising number of people incorrectly believe that when human beings die they become angels. Angels are created beings by God. They are pure spirits and therefore they do not have bodies like we do, but are considered to be persons with an intellect and a will. The most important point that children need to learn is that this angel is a gift to them from God and this gift speaks of God's love for them. We never want the children to be more focused on the angel rather than Jesus. The angel's presence points us and helps guide us to Jesus. It is important to keep in mind that Jesus is present continuously with each one of us. However, God wills to give us this additional gift of a Guardian Angel.

Begin by having your child repeat each phrase after you. Further, praying the *Angel of God* slowly as a family on a daily basis will make it easier to learn the words. It is helpful to have a picture or statue of Jesus to help stay focused during prayer time. 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, at bedtime.

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 Jesus.

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 *Angel of God* Prayer go to www.dioc.org/prayer/ Pre-Kindergarten

