

## My Prayer Time

This time of prayer focuses on the *Our Father*, also known as The Lord's Prayer. Pray the *Our Father* two times: the first time for understanding, the second time from the heart.

Follow the steps that are listed below.



*God our Heavenly Father created us out of love, in His image and likeness.*

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 when praying with others)

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

### ***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.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Our Father* a second time, silently from the heart, more slowly than the first time.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, and share it aloud with those with whom you are praying.
- **THANK** our Heavenly Father in your own words for a blessing received. Share this aloud.
- **ASK** the Lord for any request that is in your heart. Share this aloud.

**Close this time of prayer 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 reception of the Sacraments. 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 so that your child will develop and grow in personal friendship with Him. This friendship with our Heavenly Father in turn strengthens your child and all members of the family, as together you walk the path to holiness. While your child will be learning other prayers, the *Our Father* is the prayer that will be the specific focus throughout the entire year.

### **Why pray the *Our Father* daily?**

Jesus gave us this prayer so that we could know how to approach and address our Heavenly Father. Jesus also wanted us to experience peace by 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 prayer, we will come to recognize more and more how much He loves us and find **peace** and **calm** in the midst of life's difficulties.

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, in the morning, in the evening or at bedtime.

It is helpful to have a picture or statue of Jesus to remain focused on Him during prayer time. It is recommended that your family kneel (next to your bed or at a chair) while you pray.

It is not uncommon 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.

The first letter of the five bulleted, bolded words on the other side, under the words of the *Our Father*, are EPCTA, which can stand for "**E**very **P**rayer **C**ounts **T**o **A**lmighty **G**od." This mnemonic device (EPCTA) helps for remembering the steps.

For further Resources to help your child learn and understand the *Our Father* and go deeper in their relationship with God, visit this site: [www./diolc.org/prayer/](http://www./diolc.org/prayer/)

