

## My Family Prayer Time

Reflecting on one major event of Jesus' life each day will help you to develop and deepen your friendship with Him. You will grow in your awareness of how much Jesus loves you. You will also be guided by the Holy Spirit to make connections between each Mystery and your own life.

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

(Pray together aloud when praying with others)

Jesus, please give me the grace to quiet down inside 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 & to pray from my heart.

### The Sorrowful Mysteries of the Holy Rosary

Each day of Lent, focus on one Mystery of Jesus' life by reading the text by the picture. Ask Jesus to show you how this Mystery applies to your life and gives guidance to you right now.



1. Jesus, You prayed and suffered a bitter **Agony in the Garden** because of my sins. Help me to be faithful to daily prayer.



2. Jesus, You forgave those who **Scourged You at the Pillar**. Strengthen me to forgive others.



3. Jesus, You patiently endured the **Crowning with Thorns**. Help me to accept each person.



4. Jesus, **You carried the Cross**. Teach me how to give You my difficulties for peace in the world.



5. Jesus, **You died on the Cross** because You love me. Guide me to love every person.

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** one *Our Father*, ten *Hail Mary's* and one *Glory Be* from the heart.
- **CHOOSE** a **word** or phrase that stood out for you from the Mystery of Jesus' life or the prayers. Silently think about it, speak to God about it, 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 a request that is in your heart. Share this aloud. **Close 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. Focusing on one of the *Mysteries of the Rosary* and praying one decade of the Rosary (1 Our Father and 10 Hail Mary's) will be a specific focus throughout the entire year for Fourth Grade.

### **Why focus each day on one major event of Jesus' life – Mystery of the Rosary?**

In focusing on one Mystery of Jesus' life and praying a decade of the Rosary each day, we will come to realize better and better how much God the Father loves us. Sin separated us from God and we needed a Savior. Jesus is our Savior. The Mysteries of the Rosary focus on key events in the life of Jesus. The Joyful Mysteries focus on the Incarnation and birth of Jesus – God becoming man to save us. The Luminous Mysteries are about the major events of Jesus public ministry. The Sorrowful Mysteries relate Jesus' Passion and death on the Cross. He died for each one of us so that our sins could be forgiven. The Glorious Mysteries help us to understand Jesus' Resurrection from the Dead, His Ascension into Heaven and the sending of God the Holy Spirit. The last two Glorious Mysteries focus on Mary. God chose Mary to be the Mother of the Savior and these Mysteries focus on her significant role in His plan.

It is helpful to have a picture or statue of Jesus to help stay focused on Him 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 or in the evening or at bedtime.

### **Prayers for praying a Decade of the Rosary**

#### **The 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 into temptation, but deliver us from evil. Amen.

#### **The Hail Mary**

Hail Mary, full of grace! The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

#### **The 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.

To download further resources to help your child learn and understand the *Mysteries of the Rosary*, go to [diolc.org/prayer/](http://diolc.org/prayer/) Fourth Grade