

Our Family 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 unkindness, selfishness and disrespect toward other people, 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 stands 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, especially attending Mass every Sunday. 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 true happiness – interior peace and joy. While your child will be learning other prayers in the Third Grade, the *Our Father* is the prayer that will be the specific focus throughout the entire year.

Why pray the *Our Father* daily?

Jesus gave you this prayer so that you could know how to approach and address our Heavenly Father. Jesus also wanted you to experience peace by asking the Father for everything that you need. He knows the most important things in life that will bring you true joy and peace and He is continually faithful. As you speak with our Heavenly Father each day in prayer, you will come to recognize more and more how much He loves you 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.

You will find it 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 you pray for something, you 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 page 1 under the words of the *Our Father* (**Express, Pray, Choose, Thank, Ask**) are EPCTA, which stands for “**Every Prayer Counts To Almighty God.**” This mnemonic device (EPCTA) helps for remembering the steps.

For further downloadable resources, to help your child learn and understand the *Our Father* and go deeper in their relationship with God, please go to: diolc.org/prayer 3rd Grade

