

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 Luminous Mysteries of the Holy Rosary

Each day, 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 were baptized by John in the Jordan River.**
You did not need to be baptized. Thank You Jesus for giving us this Sacrament to wash away our sins.



2) **Jesus, You turned water into wine at the wedding feast at Cana.**
You performed this miracle at Mary's request. Help me to follow her words: "Do whatever He tells you."



3) **Jesus, You proclaimed the Kingdom of God.** Help me to be part of Your Kingdom by trusting You and living as Your disciple.



4) **Jesus, You were transfigured** and Peter, James and John saw Your divine glory. As the Father said, help me to listen to You.



5) **Jesus, You instituted the Holy Eucharist.** Help me to go to Mass every Sunday of my life, and thank You for being with me in Communion.

- **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,

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.

Reflecting on one of the *Mysteries of Jesus' life* and praying one decade of the Rosary (one *Our Father*, ten *Hail Mary's* and one *Glory Be*) will be the specific focus throughout the entire Fourth Grade year. Learning about God needs to be accompanied by daily prayer in the home so that your child will develop and grow in a personal friendship with Him. This friendship with Jesus in turn strengthens your child and all members of the family, as together you walk the path to greater love.

Why focus each day on one major event of Jesus' life, referred to as a 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 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. God chose Mary to be the Mother of the Savior and some of the Mysteries focus on her significant role in His plan.

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. When you pray for something, you can trust that God will answer every prayer in a way that is best for you. 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.

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.

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.

For further suggestions to help your child learn and understand the *Mysteries of the Rosary*, with a full listing of the 20 Mysteries and corresponding Scripture passages go to www.dioc.org/prayer 4th Grade

