

Prayer is integral for a life of faith. It is through prayer that we are able to approach the Lord with whatever gratitude, burdens or petitions are on our hearts.

Christ himself taught us how to pray. In the Gospel of Luke, Jesus teaches us to call God "father," and in Luke 11: 2-4, we see the familiar prayer that we say at Mass: the "Our Father."

In prayer, we approach the living God, our father, who calls us into relationship with him. As his children, our relationship with God grows and changes as we do. For this reason, from the time children are small, we teach them to pray with simple prayers and petitions. As people grow, their prayer life changes and deepens as their relationship with the Lord deepens.

Children look to their parents and loved ones as examples of how to live and express their faith. Praying together as a family teaches children to seek God in prayer, and be confident in his loving response. Praying together as a family also strengthens the relationships within the family and allows the family to grow in faith together.

Does your family pray together? What is one simple way that you can increase the prayer time with your family or those living in your household?