There are as many ways to do family prayer as there are families, but here is a suggested structure that is simple and is guaranteed to be fruitful no matter the age of your children:

**ONE OR TWO KNOWN PRAYERS**
*(Our Father, Hail Mary, Angel of God)*

Each person who can talk (even if just a little bit) reflects on the day and prays:

- **JESUS, I AM THANKFUL FOR...**
- **JESUS, I AM SORRY FOR...**
- **JESUS, PLEASE HELP ME TO...**

**SIMPLE, BUT PRAYERFUL SONG**
*(“Immaculate Mary”, “Jesus, My Lord, My God, my All”, or songs for the liturgical season: “O Come, O Come Immanuel”, “Jesus Christ is Risen Today”)*

This can be done as part of the nighttime routine or around the table before or after a meal.

Change it every so often to keep it fresh, and maybe even add some time to reflect with Scripture if the children are old enough.

**Other Suggestions:** Bless with Holy Water, pass a cross around while each takes a turn to pray.