



## 5 Simple Ways to Pray as a Family

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**Pray at meal time:** Make the sign of the Cross and have the kids simply say, “Thank you, Jesus.” Or, you may say the [“Bless us O Lord...” prayer](#), or whatever other words of thanks to God may be on your heart! These are great reminders for the whole family, about where all good things ultimately come from.

**Bless each other:** Parents can offer a blessing by tracing the sign of the cross on their children’s foreheads, and children can return the favor. This simple practice welcomes God into your relationships and reminds all that “our” family belongs to God.

**Wonder at Creation:** Help your children to recognize and adore the glory of God in all things: in the ocean; the night sky; the forest; etc. The awe experienced through His creation can point the family toward God and help to appreciate His power, goodness, and love.

**Say sorry:** When you or your children find yourselves in a situation that requires an apology as remedy, be sure to apologize to God, as well. This will help the family remember its duty to live well in relation to both God and neighbor.

**Pray through joys and sorrows:** Families can pray together in thanksgiving for a good day and for God’s help in difficult times. Praying through both good and bad reminds the family of God’s presence and that he answers all prayers as He sees fit.