

# 50 Ways to Pray 5 Minutes With Your Kids in 5 or Less

## Creating a Family Liturgy for Your Domestic Church

1. Make the Sign of the Cross on your child's forehead as they walk out the door
2. Pray the Prayer Before Meals together
3. Hang a chalkboard in the kitchen and let your child write people and things to pray for on it
4. Go around the dinner table and share one thing you are thankful for
5. On the way to Mass, have everyone choose one intention to offer their Mass for
6. Keep a kid's book of Bible stories in the car and read one while you are stuck in the drive thru
7. Spend time outside and thank God for all the things He has made
8. Make the Sign of the Cross as you drive past a Catholic Church
9. Go out for ice cream after Confession to celebrate Jesus' sweet forgiveness
10. Say the Prayer to Your Guardian Angel while you are buckling seatbelts
11. When you hear emergency sirens, say a Hail Mary for the first responders
12. Stop in an Adoration Chapel or open church and spend five minutes with Jesus
13. Pray one decade of the Rosary at bedtime
14. Pick a bouquet of flowers and put them near the Mary statue in your home or church
15. At breakfast have everyone list one intention they want to pray for during the day
16. Make a card for your parish priest
17. When you see a flag, pray for our leaders and military personnel
18. Go on a walk around the block and pray the Chaplet of Divine Mercy
19. As you drive past a cemetery, say the Prayer for the Faithful Departed
20. Find a picture book about the Patron Saint of your parish to read together
21. Count to ten before starting dinner as a small way to make a sacrifice
22. Add books about the Saints, Sacraments, and Prayer to your child's Christmas wish list
23. Tape a Scripture card on the bathroom mirror
24. Listen to Christian music in the car
25. Leave an encouraging note in your child's lunch saying you are praying for them
26. Send a thank you note to a teacher or coach
27. Listen to a podcast with Saint or Bible Stories
28. Research the patron Saint of your child's favorite activity and ask their intercession
29. Hang the Church Liturgical Calendar in your family command center so you know when Liturgical Seasons and Feast Days are
30. In the car at the end of the day have each person share one way they saw God present
31. Read one short Saint story with your child before bed.
32. Write your child's Baptism date on the calendar and let them pick dessert on that day
33. Hang a holy water font next to your door
34. Pray a Hail Mary for all moms expecting babies
35. Say a Glory Be with your child the morning before they have a test
36. Pray the Prayer After Meals together
37. Create a "Sacred Spot" in your child's bedroom with things like their own Crucifix, Mary statue, Rosary, Bible, Saint books, prayer cards, etc.
38. Have your child copy a favorite Bible verse and hang it on the fridge
39. Pray an Our Father for those who are sick
40. Give your child a designated notebook to use as a prayer journal
41. Stay after Mass for a few minutes and say a prayer of thanksgiving together
42. Use times of discipline as opportunities to pray with your child about decision making and growing in virtue
43. Pray the St. Michael Prayer for your church
44. Pray a simple novena for the nine days leading up to a big event for your child
45. Before bed, give your child a chance to say sorry to family & God about poor choices
46. Say the Angelus together at breakfast
47. Hang a crucifix in your living or dining room
48. Set a timer for a certain time each day, (traditionally 3 pm) and when the timer goes off pause and say, "Jesus, I Trust in You"
49. Hang a picture of a Saint in your child's room
50. At bedtime, pray together in the living room and let each child list one intention and choose one memorized prayer to say together