



Catechesis of the Good Shepherd
An Outline for a Family Prayer Time

When we want to focus more on the presence of God in our lives, we address our prayer to God. We can organize it with the following elements:

- a. An introductory formula
- b. A reading from the Bible and a period of reflection
- c. Psalms
- d. Silent Prayer
- e. Prayer of the faithful
- f. "Our Father"
- g. Song or prayer to Mary

The introductory formula may be chosen from the following:

- The Lord be with you.
And also with you.

- The peace of the Lord be always with you.
And also with you.

- O Lord, open my lips.
And my mouth will declare your praise.

- Our help is in the name of the Lord.
Who made heaven and earth.

- Let the words of my mouth and the meditation of my heart be
pleasing to you, O Lord,
My rock and my salvation.

The introduction to silence may be initiated with one of the following phrases:

- Let us offer a silent prayer to God.

- We make a gift of our silence to the prayer of God.

- We pray to the Lord in silence.

- We pray to the Lord with our whole heart within ourselves.

- We thank the Lord silently in our hearts.

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