

Prayer Family Handout

WHAT IS PRAYER

Prayer is the raising of one's mind and heart to God or the requesting of good things from God. Prayer is simply a conversation with God, a "heart-to-heart" throughout the day.

Pray together as a family: saying what/who you are thankful for, what/who do you want to pray for, giving glory and honor to God, and saying sorry for the times we have sinned.

PRAYER TIPS	<p>Share specific examples of how God has been working in your life.</p> <p>Be specific in prayer: pray for good, true, and beautiful things.</p> <p>Example: Lord Jesus, please bless my daughter today to do well on her virtual school, playing video games, or taking care of her pet. Lord Jesus, please bless my mother today to complete her tasks, eat great food, or play games.</p>
PARENT TIPS	<p>Create a sacred space/Jesus table to help focus your family members during prayer time.</p> <p>Speak kindly to one another. Use the rewind button on our conversations. If anyone speaks rudely or inappropriately, say "we are going to rewind and do that conversation again, but this time we will speak kindly to each other".</p> <p>Use the acronym HALT (Hungry, Angry, Lonely, Tired – am I feeling one of these), to stop ourselves before we say or do something we don't mean.</p>
BIBLE VERSES: PHILLIPIANS 4:4-8	<p>Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near.</p> <p>Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.</p> <p>Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.</p>
BIBLE STORY: SERMON ON THE MOUNT (MATTHEW 6:9-13)	<p>Pray together the Our Father, then take time to thank God.</p> <p>Video for younger children on the Our Father – Click Here</p> <p>Video for older children from Son of God of Jesus teaching on Prayer & the Our Father</p>
SAINT OF THE WEEK	<p>St. Damien of Molokai: Patron saint of those with leprosy (Hansen's disease). To learn more about, click here</p>
FAMILY FUN	<p>Play Charades or Pictionary as a family.</p>
FAMILY PRAYER ACTIVITY	<p>ACTS Worksheet & Cell Phone Prayer Sheet (see below)</p>
SERVICE TO OTHERS	<p>Help sew masks for healthcare providers: https://news.lvhn.org/to-sew-or-not-to-sew-you-can-help-supply-face-masks-and-other-ppe-to-lvhn/</p>

More Prayer Resources Online - <https://www.stjanesofeastonpa.com/topics/prayer/>

PRAYER NOTES FOR KIDS

I CAN TALK TO GOD ABOUT:

I PRAISE GOD FOR:

A

ADORATION

I'M SORRY FOR:

C

CONFESSION

I'M THANKFUL FOR:

T

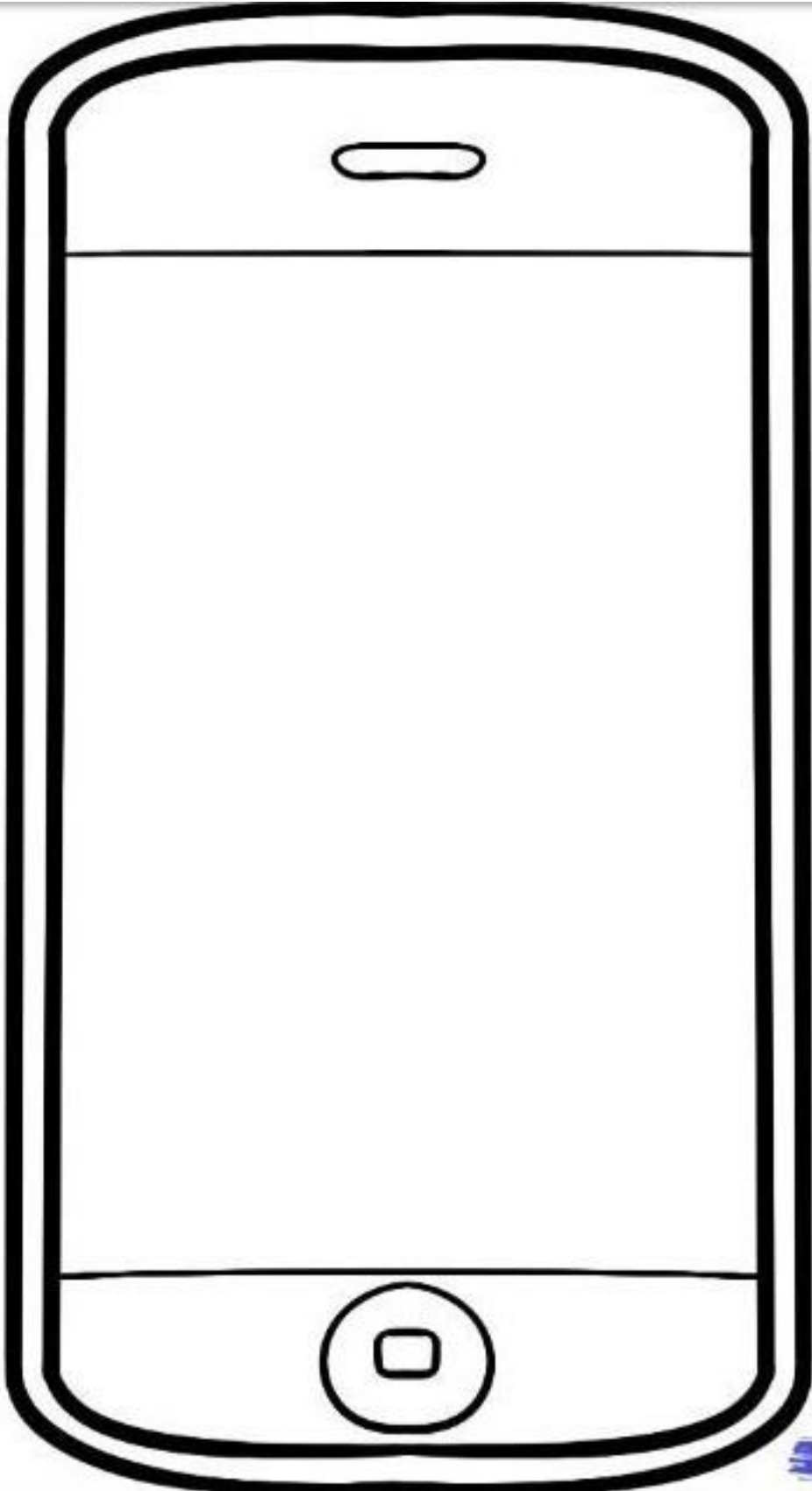
THANKSGIVING

I ASK GOD FOR:

S

SUPPLICATION

Activity "Send a text to God": Print out this page and send prayer texts to God. Then decorate your phone with a cover on the back.



Drag