

5 Ways to Pray with Your Family

Finding ways to pray as a family offers everyone connection with God and each other. We know that regular prayer and other faith activities, such as bible study, support children, youth and people of all ages' faith formation. There are so many ways to pray and there is no need to stay with just one! Try new ones, stick with your favourites, it is up to you. God hears us in all the different and imaginative ways we connect.

Draw Your Prayer

Gather your coloring utensils and some paper and then decide on what you want to pray for and attach a color to it. For example, you may choose to use red to name friends you want to pray for, blue for the earth, green for animals, purple for family members and pink for places in the world. Now you can draw your prayer.

Build Your Prayer

You can use items from around your home to build a shape that represents your prayer. You can use Lego, rocks, pipe cleaners, play dough. Maybe you take turns naming one thing you would like to pray for and then build an image of it. The image can be a part of the centerpiece on your table for the week or in another special place in your home that is visible to all.

Pray Using Words

Use a prayer journal or use a calendar to write prayers on each day. The calendar can be posted on the wall or on your fridge. Or you can use heart shaped pieces of paper to write your prayers and then you can hang them on some branches in a vase in a central location in your home.

Pray Using Your Breath

Decide ahead of time on short scripture verse or word that will help guide your breath prayer. Then find a comfortable place to sit in your home or outside and take a moment to relax your muscles. Take a moment to breathe naturally. Then as you breath in silently say the word or first part of the verse and as you exhale repeat the word or the second half of the phrase. This can be done silently or in a whisper. Some example scripture verses are: "Be Still and know / that I am God." (Psalm 45:10) or "When I am afraid / I will trust you." (Psalm 56:3).

Take a Prayer Walk

Go for a walk with the intention of praying. You can be looking for things that you are thankful for as you walk such as the trees, flowers, your neighbor, the fresh air. You could also keep a look out for the hearts or rainbows that so many people have in their windows. Each time you find a heart say a prayer of thanks for the different people in our community who are helping us through this time. For example: those who are helping seniors find groceries, families helping other families with food and shopping, nurses and doctors helping those who are sick, grocery store employees and pharmacists who are working so hard to help everyone.

