

Teach My People to Pray

Year II: Family & Parish Prayer Resources

2015-2016 | Office of Family & Married Life

About this booklet: Use these prayers, ideas, resources, and activities in your household or parish to foster a deeper family spirituality. Whatever your family looks like, your home is a household of faith where Christ is at the center.

Resource packets will be released quarterly with new information, activities and ideas. They will be posted on our website at www.gbdioc.org/familyliferesources.

In addition to quarterly releases, be sure to check back as we post additional resources! They will be available in PDF form as well as in a Word Document for easy cut-and-paste.

- Quarter 1 - September
 - Quarter 2 - October, November, December
 - Quarter 3 - January, February, March
 - Quarter 4 - April, May, June
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Diocese of
Green Bay

Questions? Please Contact:

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Special Days to Us

- Birthdays, Anniversaries, Saint Feast Days
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

September

- Back to School
- Packers
- Labor Day
- World Meeting of Families
- Saints of the Season

October | November | December

- Ordinary Synod of Bishops on the Family
- Respect Life Month
- Breast Cancer Awareness
- Diocesan Leadership Convocation
- All Saints/All Souls
- Veteran's Day
- Stewardship Weekend
- Packers
- Thanksgiving
- "Dear" Hunting/Deer Hunting
- Our Lady of Guadalupe
- National Adoption Month
- Advent
- Las Posadas (Holy Family asking for shelter)
- Christmas
- Dedication of Households to the Holy Family
- Saints of the Season

How to Use: Use these seasons, special days, weeks of awareness, and holy days as an idea springboard for your family! Cook a special meal, plan an adventure, do a craft, or pray a coordinating prayer to go along with these dates.

January | February | March

- Feast of Three Kings/Epiphany
- Chalk Blessing
- Baptism of Our Lord
- Presentation of the Lord
- Martin Luther King Day
- Super Bowl
- President's Day
- Ash Wednesday
- Lent
- Reconciliation
- Valentine's Day (Love Languages)
- Leap Year – Leap of Faith
- World Marriage Day
- Men's Conference
- Easter
- National Disabilities Month
- Saints of the Season

April | May | June

- First Communions
- Mother's Day
- Father's Day
- Graduations
- Shrine
- Month of Mary
- Memorial Day
- Baseball
- Campaigning/ Prayers for Election
- Weddings/Anniversaries
- St. Gianna Molla Day
- Feast of the Sacred Heart of Jesus (Consecration of the Family)
- Immaculate Heart of Mary
- Family Forgiveness
- Saints of the Season

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Back-to-School Prayer

Dear Lord,
Use my eyes to see new friends.
Open my ears to hear my teacher.
Open my mind to learn new things.
Let my heart remember you are near when I'm afraid.
Help me to love others like you do.
I want to shine your light so bright in my school.
Amen.
(prayer by Courtney DeFeo)

Daily Blessing of a Child

May God bless you.
May God keep you safe.
God be with you
God be in your heart.
May God bless and protect you. Amen.
(Prayers for Our Catholic Family. Our Sunday Visitor, Inc., Huntington, VA. P. 27)

Mary, Undoer of Knots

Mary, Undoer of Knots, pray for us.
Through your grace, your intercession,
and your example, deliver us from all evil, our
Lady, and untie the knots that prevent us from
being united with God, so that we, free from sin
and error, may find Him in all things, may have our
hearts placed in Him, and may serve Him always
in our brothers and sisters. Amen.
(Pope Francis' Prayer to Mary, Undoer of Knots)

Activity: Our Favorite Prayers

What are your family's three favorite prayers?
Why do you like them? Write them below.
You can even try to memorize one of them!

- _____
- _____
- _____

World Meeting of Families Prayer

God and Father of us all, in Jesus, your Son and our Savior, you have made us your sons and daughters in the family of the Church. May your grace and love help our families in every part of the world be united to one another in fidelity to the Gospel. May the example of the Holy Family, with the aid of your Holy Spirit, guide all families, especially those most troubled, to be homes of communion and prayer and to always seek your truth and live in your love. Through Christ our Lord. Amen.
Jesus, Mary and Joseph, pray for us!

Download a prayer card: [Prayer card in English](#); [Prayer card in Spanish](#); [Prayer in other languages](#).

Prayer for Prisoners

Jesus,
Look with compassion on those in prison.
Heal the broken,
Soften the hard of heart,
Console the innocent,
and reveal your presence
to those who seek you.
Jesus,
heal their victims;
give your peace and perseverance
to their families;
impart the gifts of justice and mercy
to those who judge;
grant patience and wisdom
to those who guard;
and give your special grace
to those who minister in your name. Amen.
(Prayer in All Things. "Give Us This Day" Liturgical Press, Collegeville, MN. Aug. 2015. p. 13.)

Saints of the Season

September 29 - Sts. Michael, Gabriel & Raphael

Check out the prayers to St. Michael and St. Raphael on the next page!

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Bishop Ricken's Top 10 Ways to Build a Household of Prayer

Try starting with one of two of these suggestions and throughout the year keep adding more until you have integrated all 10 into your life and your home!

“A holy life can be a healthy and happy life – have fun growing in faith and prayer together!” - Bishop Ricken

1. Reflect on Sunday Scriptures

- Open the Bible; read and reflect upon the Scriptures for the coming Sunday individually and together regularly.
- Share something that popped out to you. You'll be amazed at the wide variety of answers!

2. Attend the Sunday Mass as a family.

- Coordinate schedules and activities so that everyone can be present.

3. Teach children to sign themselves with the Sign of the Cross and to memorize the essential prayers of our faith.

- Examples: Our Father, Hail Mary, Glory Be
- These are great to learn in the car on the way to school or before bedtime.

4. Pray with, for and over those who live with you.

- The rosary is an especially important prayer to strengthen your household.

5. Put religious symbols, statues and images in your home, car and, if possible, your work space.

- This could mean one prayer card on your kitchen table, a statue of the Blessed Mother in your living room, or a rosary on your bedside table. Get creative with the spaces in your home!

6. Volunteer together by serving those in need in your community.

- What is your family passionate about doing?
- Find ministries within your parish or volunteer organizations within your local community.

7. Attend the Sacrament of Reconciliation regularly and talk with your children about its importance.

- Now is a great time to learn more about this often misunderstood sacrament.
- It's not about embarrassment and punishment, but the Lord's great mercy and love for each of us.

8. Manage your schedules to “keep holy the Lord's Day” so that Sunday becomes a day to strengthen and deepen your faith.

- Be intentional about gathering as a family, reading a spiritual book, enjoying quiet time with the Lord.

9. Speak of God and Jesus with joy and certainty, and pray before and after meals together.

- Is it a perfectly lovely day outside? Thank God for it. Did a prayer get answered? Thank Jesus! It's easy to incorporate little prayers into your life, even in the most ordinary moments of the day.
- A great way to start this is by praying before and after meals.

10. Celebrate holy days with Mass and a special meal.

- A great part about being Catholic is that many days throughout the year are a cause for celebration!
- Here is a great [blog post](#) titled “Baby Steps to Living the Liturgical Year as a Family”.

“Bishop Ricken's Top 10 Ways to Build a Household of Prayer” were a part of his pastoral meditation titled “The Catholic Household as a Home of Prayer and Love.” This was released in the [May 22, 2015 issue of The Compass](#).

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Additional Resources

Publications

Celebrating Sunday for Catholic Families - This small weekly guide helps parents engage their children with the Mass using the Gospel for each Sunday and Holyday of the year (Liturgy Training Publications).

Take Out: Family Faith On the Go - 8-page magazine format filled with ideas to help families deepen their prayer and faith life. Includes monthly prayers, activities, liturgical helps, recipes, etc. (Monthly publication, Sept.–June, Our Sunday Visitor. www.osv.com)

Marriage Enrichment - DVD Series

Six Dates for Catholic Couples by John Bosio (Has Spanish subtitles!)

Grow in your marriage guided by your faith.

1. Once Upon a Time (Remember Your Love Story)
2. Marriage is...(What Catholics Believe About Marriage)
3. What Keeps You Together (Seeing God's Gifts in Each Other)
4. What About Me? (The Problem of Selfishness)
5. The Blueprint of Love (Christ Shows Us How to Love)
6. Where Do I Find the Courage? (Prayer Is the Source of Courage)

What's Working For You?

Do you have any ideas, prayers, or activities that you would like to share with us? What has helped your family grow closer to Jesus. We'd love to see your photos, hear your tips, and share what parish life looks like in your community.

Please email pvandehey@gbdioc.org

Books

Catholic Household Blessings & Prayers - Variety of blessings and prayers for seasons (USCCB).

Living Prayer: A Simple Guide to Everyday Enlightenment by Robert F. Morneau - (includes basics of prayer, habits of prayerful people, practical approach to prayer, how to overcome obstacles) NOTE: original title: Paths to Prayer, 1998

Small Group Resources

Teach My People to Pray - Study Guide, Session 4, "What is a Holy Family" - Drawing on Bishop Ricken's pastoral reflection "Teach My People to Pray," this companion resource is a five-session small faith sharing resource focused on prayer and the call to holiness.

The hope in creating this companion resource, is that participants will encounter and deepen their relationship with Jesus Christ so they can be a witness to others.

Imminently practical with questions for discussion, prayers, and meditations, this study guide is an excellent resource for any small parish group, for couples or families to explore in their homes or for individuals who want to deepen their prayer life.

[Click here for full document.](#)

Living Prayer: A Simple Guide to Everyday Enlightenment by Robert F. Morneau, 2015 (see details above) Can also be used in small groups. The book includes discussion questions at end of chapters!

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Year II: Parish Resources for Families

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Parish Bulletin Resources

Below are some key quotes taken from Bishop Ricken's pastoral meditation, "The Catholic Household as a Home of Prayer and Love." You can use these quote bubbles in your bulletin to keep parishioners and families thinking about the Disciples on the Way and Teach My People to Pray initiatives.

"As we enter the second year of our diocesan journey called 'Disciples on the Way,' we continue to strive to answer the Lord's call to 'Teach My People to Pray.' I am asking you in a special way during this next year to renew your own life and the lives of your family and friends through prayer."
- Bishop David L. Ricken

"Each household in our diocese is a domestic church with a noble purpose, meaning and special place in the Body of Christ. The home is a church in miniature." - Bishop David L. Ricken

"The 'families' within our homes come in many different varieties. Currently, my sister Carol and I make up our household. I have lived by myself and with others. Whoever lives in our home is invited into a deeper relationship of love and prayer with our Lord." - Bishop David L. Ricken

"During this year, July 2015 to June 2016, I would ask that you continue to seek ways to pray together in your household and grow to love the Lord and the church." - Bishop David L. Ricken

"I especially ask you to transform your home into a school of prayer and love by making the Holy Family of Jesus, Joseph and Mary your model and example." - Bishop David L. Ricken

Parish Bulletin Reflections

You can also use these reflections and inspirational quotes in your bulletin!

Apples – A Reflection

Apples are wonderful fruit to use to teach the youngest of children. When you cut an apple in half along the equatorial plane, the cross section in the core looks like a star. The five seeds inside the five-pointed star stand for the five wounds of Christ.

There is another apple story used to teach about the Trinity. Cut an apple in half from top to bottom and note the three parts: skin, meat and seeds. The outer skin represents the Father, who encompasses all; Jesus is the meat of the fruit that feeds us; and the seeds are the Holy Spirit that when planted will bring new life. An apple wouldn't be an apple if any one of these elements was missing – so too with the Trinity.

(Realy, Margaret Rose. A Catholic Gardener's Spiritual Almanac, Ave Maria Press, 2015. p.172.)

The Fruit – A Reflection

The fruit of silence is prayer.
The fruit of prayer is faith.
The fruit of faith is love.
The fruit of love is service.
The fruit of service is peace.
- Blessed Teresa of Calcutta

Pope Francis says there are three key phrases to a good family life:

1. May I?
2. Thank you.
3. I'm sorry.

What does F-A-M-I-L-Y mean?

F = Forget
A = About
M = Me
I = I
L = Love
Y = You

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