

Enhance your family prayer with  
**FAMILY ROSARY**

# 5 Ways to Help Your Children Reclaim Wonder

*They might be distracted without it*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

# WELCOME TO OUR FAMILY

You know those cute little things kids notice that you, an adult, completely miss? They'll point out the shape of snowflakes, how there's music in nature, or the kindness of the wild animals in your backyard. These are intriguing experiences for them, and we love to watch their faces in amazement as they marvel at how tall trees are or when they try a type of food for the first time (give a baby a lemon, anybody?)

There is so much around us today that distracts from kids' innocent wonder and awe, so here are a few ideas for keeping their blessed little hearts inspired.

## A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.



WHEN THE HOLY SPIRIT IS PRESENT, SOMETHING  
ALWAYS HAPPENS. WHERE BLOWS THE SPIRIT,  
THINGS ARE NEVER AT A STANDSTILL.

POPE FRANCIS



# 5 WAYS TO HELP YOUR CHILDREN RECLAIM WONDER



It started with a desire to make my children more grateful. There were too many moments when words of jealousy pierced my ears. Too many moments when their complaints about dinner, or things they didn't have, or the unfairness of life threatened my attempts at being a patient and loving mother. How could I help them see how many wonderful gifts God had given them? How could we then progress to the truth that God brings good out of events and circumstances that first appear undesirable, uncomfortable, or even tragic? And how can I help them see that these gifts from God are more wonder-filled than any video game will ever be?

So here is our list for the summer. A list that will hopefully result in a summer full of gratitude, joy, and wonder in a world that so desperately needs relief from jaded perspectives and a renewal in the miraculous creativity of God.

## **MAKE A GRATITUDE LIST**

Inspired by Ann Voskamp's book *One Thousand Gifts*, I decided to start a gratitude list with my family. Our goal is to reach one thousand (or more) different gifts we're thankful for by the end of the summer. My kids love adding to the list, and I love watching them notice the little, ordinary things throughout their day that fill them with joy and wonder. I try to make a point of reminding them that all of these gifts come from God, and my hope is that the practice of being thankful will help to curb materialism and the indifference it creates — and remind them to marvel at even the simplest pleasures in life.

## **SPEND TIME WITH NATURE**

Nature walks, sitting on the back deck at sunset, or leaving the city lights behind for a breathtaking view of the stars allows us to bask in something bigger than ourselves. We remember how to wonder when we remember how small we are and how the greatest creations are impossible for humans to duplicate. Find a beautiful view, point it out to your children, and ask them to describe it to you—and watch the glint of wonder light up their eyes.

## **TEACH THEM HOW TO PRAY**

It is only when we become friends with the greatest Wonder-Creator of all that we can truly appreciate all that surrounds us. Make a habit of praying a Morning Offering or Rosary together as a family. Spend some one-on-one time with each of your children, guiding them through

spontaneous prayer, lectio divina, or a favorite devotion. Help them develop a relationship with Jesus so they will recognize His face in everyone they see, and his creative hand in everything they encounter (see the book ***Pray With Me: Seven Simple Ways To Pray With Your Children*** by Grace Mazza Urbanski for ideas on how to pray with your children).

## FIND NEW LIFE

My daughters' eyes lit up with excitement when they heard our newest baby's heartbeat for the first time. My 11-year-old son's interest always piqued when I mentioned the latest development of the three baby birds nestled above our garage light. My toddler loved being the first to bring in a cucumber from the garden. New life reminds us of God's mission — that He is a life-giver. Even after we leave this earthly existence, He only wants to bring us into another life more glorious than we could ever imagine. Seek out opportunities for your children to experience the miracle of a brand new life being formed, and nurture their

## SURROUND THEM WITH BEAUTY

Bring fresh flowers into the house. Pull aside curtains in the mornings and bask in the beauty of a new day's sunbeams. Play beautiful music. Choose home decor that reflects the beauty of our Catholic faith. Visit art museums. And teach your children the beauty of an orderly, clean home. My children often complain about doing their chores, yet they never fail to gravitate to the cleanest room in the house. In a world that is too often cluttered with ugliness, noise, and stress, give your children an appreciation for that which is beautiful and allows room for God. Raise them to be the bearers of beautiful wonder to the rest of the world.

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## GOING DEEPER

Why do we think children have such a sense of wonder? What other ways can we keep curiosity, exploration, and amazement alive in our kids? How do we see the faith reflected in our children?

Try talking with your kids about what you find amazing in the world, focus on the positive things, big and small that they might not have thought about before.

## CONTINUE THE JOURNEY

With so many ways for children to be distracted from the world around them, take a few minutes every day to give thanks and praise the creations that surround them. For inspiration and ideas, go to [FamilyRosary.org](http://FamilyRosary.org).



### CHARISSE TIERNEY

Charisse Tierney lives in Newton, Kansas, with her husband Rob and six children. Charisse and Rob are Natural Family Planning and Theology of the Body for Teens teachers. Charisse holds degrees in music performance and is a contributing author to *The Catholic Mom's Prayer Companion*. She also writes for *Family Foundations* magazine and blogs at *Paving the Path to Purity*.

# BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Remember, we're with you in prayer, every step of the way!

For additional online resources for family prayer including a Prayer Petition Page and our World at Prayer Blog, please visit our website at [www.FamilyRosary.org](http://www.FamilyRosary.org).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "*The Family That Prays Together Stays Together.*"

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