

Enhance your family prayer with
FAMILY ROSARY

Blessing Your Children

Why you should do this every day

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

We all want the best for our children. Along with reaching for the stars to achieve their wildest dreams, we want them to grow up to be joyful, luminous rays, always craving a deeper faith and relationship with Christ.

Spiritual foundation begins in the home. Whatever acts of love you already perform and however you instill faith into your children's hearts, know you are leading them to be the people they were created to become.

If you're seeking another way to shower your children with God's Love, this reflection pulled from the CatholicMom.com archives talks about the power of blessing your children daily. A quick cross on the forehead and some holy water goes a long way!

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.



BLESSING ONE'S CHILD IS A PRAYER.

POPE FRANCIS

A young boy and girl are shown in a close embrace, smiling warmly. The boy is on the left, wearing a red shirt, and the girl is on the right, wearing a white top. They are outdoors, with trees and a blurred background. The text "BLESSING YOUR CHILDREN" is overlaid in white on a dark blue rectangular background.

BLESSING YOUR CHILDREN



If you're seeking another way to shower your children with God's Love, this reflection from CatholicMom.com archives talks about the power of blessing your children daily.

AARONIC BLESSING

"The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace."

Have you ever heard a priest use this blessing?

I love this. It's called the Aaronic Blessing and it comes from Numbers 6:22-27. I love how God says Aaron (the High Priest and Moses' brother) should use it to "put my [God's] name on the Israelites, and I will bless them."

As a parent, you can use blessings too. Fathers and mothers have the spiritual authority to bless their children. Just like Aaron, you can put the name of the Lord on your kids so God will bless and protect them.

Recently I was speaking to a group of parents and mentioned how I bless my kids with holy water every night. I got blank stares. "Do you bless your kids with holy water?" I asked. Blank stares again. They'd never heard of it.

So I thought I'd write about it and tell you too.

HOW TO BLESS YOUR KIDS

To be honest, I heard about it from Jeff Cavins. In a talk he once mentioned using the Aaronic Blessing with his daughters every day. I thought I should do that too.

Although, I um...never use the Aaronic blessing. It's wonderful but a bit long (not that you shouldn't use it if you'd like to). I have a simpler approach. I put some holy water on my thumb, trace the sign of the cross on their foreheads, and say, "God bless you in the name of the Father, and the Son, and the Holy Spirit." Quick and easy.

A FEW THOUGHTS ON HOLY WATER

Holy water is powerful stuff! St. Teresa of Avila loved holy water.

You see, she was often bothered by demons and sometimes could even see them. The name of Jesus usually worked to shoo them away, but sometimes it didn't. When nothing else did the trick, she sprinkled holy water on them. Even the peskiest demons would flee.

You think there's no demons trying to mess with you? Think again. As a Catholic parent, you should always have holy water handy. Bless your kid's bed, windows, closet...everything! And especially bless them.

I don't recommend the little ceramic holy water fonts. They're pretty but the water evaporates too quickly and you're left with a dirty residue at the bottom. The worst is when it's almost out and you dip your finger into a gritty mess.

I use the standard plastic bottles that have a spout at the top and say Holy Water. You can get them really cheap at any Catholic bookstore and they work the best.

WHEN SHOULD YOU BLESS THEM?

I bless my kids at night before they go to sleep. I've done that since they were both infants. They can't remember a time when I didn't do this, and even the 11 year old asks for it every night.

I thought they'd get tired of me using the holy water to bless them but it's never happened. A few times I've even run out and just given them a "dry blessing." They called me on it and asked for the water.

One thing I've never done, but want to start doing, is blessing them before they leave the house in the morning. It hit me lately that I should be calling down the Lord's protection on them before they leave the safe-haven of home and go out into the big bad world. And that's really what it's all about isn't it?

So parents, don't neglect to exercise your spiritual authority and start blessing your kids. It's quick, simple, and powerful. If it's good enough for St. Teresa, it's good enough for anyone.

Do you bless your kids with holy water? What do you think? If you've never done this with your kids, how do you plan to start?

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GOING DEEPER

Holy Spirit, sometimes we believe we have no time for prayer. Show us how much time we really have when we remove from our days all the distractions. Cleanse our hearts and minds so that we may concentrate on you. Encourage us to bless each other in your name and carry on the Spirit throughout our day.

Amen.

CONTINUE THE JOURNEY

Join our Facebook prayer community of over 1 million people as we provide daily prayers and articles to support and strengthen your family's prayer life.

If you're a mom looking for a community of women to lean on, CatholicMom.com comes together to support one another in vocations of marriage and motherhood, in friendship and love, supported by their Catholic faith. Be sure to look for weekly conversations on Catholic Momcast that can be found wherever you get your podcasts!



MARC CARDARONELLA

Marc Cardaronella is the author of *Keep Your Kids Catholic: Sharing Your Faith and Making It Stick* from Ave Maria Press. By day he works as director of the Office of Discipleship & Faith Formation at the Diocese of Kansas City-St. Joseph, MO. By night he writes about Catholic parenting and how to share the Faith on his personal blog. Marc lives in Kansas City with his beautiful wife and two awesome boys.

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.

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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