

Enhance your family prayer with  
**FAMILY ROSARY**

# *Grace Before Meals*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

# WELCOME TO OUR FAMILY

There is no right or wrong when it comes to praying with your family. It may be chaotic and imperfect one day and quiet and orderly the next. Take comfort in knowing there is no one "correct" way of doing it. Any family can gather in prayer and amazing things may come from it!

No matter where you are, create a sacred space: If you find yourself in your vehicle on-the-go, roll down the windows and have everyone take a deep breath of fresh air. Or if you're at home, light a candle and invite whoever is around to join you. Wherever you are in this busy life, slow down long enough to welcome God's presence.

We're so glad to be joining you in prayer. We promise to be with you, growing in faith, every step of the way. May God continue to bless you and your family.

## A LITTLE HISTORY

Servant of God Patrick Peyton 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 slogan coined by Father Patrick Peyton, C.S.C., so many years ago.



"GRATITUDE IS A FLOWER THAT BLOOMS IN NOBLE SOULS." POPE FRANCIS





# GRACE BEFORE MEALS



We've all been there – it's exhausting, sometimes near impossible to get your entire family together for a meal. When you finally have food in front of each person and all bottoms in some sort of chair, grumbling stomachs cloud the air and it becomes all too easy to skip over grace.

We're here to help you and your family engage in prayer before every meal, no matter how inconvenient it may be at the time. Here are some helpful tips to keep you on track:

## **TAKE TURNS LEADING PRAYER**

If someone is in charge of leading grace, they'll hold your entire family accountable. Switch off days and include your children! Give them the opportunity to experience the immense humbleness of helping your family begin a meal by first recognizing God's many blessings.

## **INCLUDE SPECIAL INTENTIONS**

This can be a simple way to mix up grace before meals. Invite everyone to pray for the hopes, sorrows, or joys weighing on their hearts. Sharing these intentions helps your family connect on a deeper level, as you're reminded of the struggles or excitements each person experienced that day, and allows you to come together to pray about those endurances.

## **DESIGNATE A PRAYER CANDLE**

Set a "prayer candle" on your dinner table and whenever it's lit, encourage its significance to help your family refocus on God's presence in the room.

## **ROUTINE. ROUTINE. ROUTINE.**

It's all about getting into habit. Once grace is in your family's dinnertime routine, you'll notice your children will remind you if you ever forget to pray. Don't let location deter you in praying together! Even if you're in a restaurant, take a moment to bow your heads to bless your meal. Ensure your family is comfortable practicing their faith in public and who knows, you might inspire other families to be grateful, too!

## TAKE A DEEP BREATH AND TRY AGAIN

Be assured grace before meals won't be perfect every time. There will be distractions, extensive whining, regretful eye rolls and sometimes discouraging exchanges. Do not be disheartened, for one day you will fondly look back on these moments and recognize the spiritual growth in your family.

Remember, the family that prays together stays together.



### MELISSA FITZPATRICK

Melissa joined the Family Rosary team in 2016 after graduating from Saint Mary's College, Notre Dame, Indiana. Originally from a midwestern, corn-growing town, she's navigating her new life in Boston with lots of prayer and many well-sugared cups of tea.

# BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Continue to pray with your family every day, wherever you are.

For additional online resources for family prayer 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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