



Enhance your family prayer with
FAMILY ROSARY

Make Time for Prayer

*Twelve ways to squeeze in more
prayer time*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

We live in a fast and hurried world—always running from one thing to the next—school to sports to music practice to whatever the next thing is.

Even our summers are packed with action—visiting friends and family and going to all sorts of camps. In such a busy world, it's hard to find time to pray.

We get to the end of the day, and it's already time for bed before we've even spent a minute in prayer. But is it really that hard? It doesn't have to be.

Here's twelve tips on how to work prayer into your day!

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.



HOW POWERFUL PRAYER IS! MAY WE NEVER LOSE THE
COURAGE TO SAY: LORD, GIVE US YOUR PEACE.

POPE FRANCIS



MAKE TIME FOR PRAYER



We live in a fast and hurried world and it's hard to find time to pray. But it doesn't have to be! Here are twelve tips on how you can work prayer into your day, easier than you think!

1. HAVE A “PRAYER GOAL”

How much time can you spend today in prayer? Don't short change yourself—you can probably do more than you think, even if it means cutting off the TV or getting up a couple minutes earlier. You need to have some time that is dedicated exclusively to prayer, even if it is only 5-10 minutes. This goal also needs to be realistic—a parent with children doesn't have as much time to spend in prayer as a monk, but everyone can make some time.

2. START SMALL

You want to pray more, and that's great, but don't overwhelm yourself! If you think that you're going to go from nothing to 4 Rosaries and the entire Liturgy of the Hours in one day, you're fooling yourself. Start by setting aside 5 minutes of your day that will be your prayer time. Then, slowly increase it. It's like exercise—you have to build up your spiritual muscles!

3. CARVE OUT TIME IN THE BEGINNING OF EVERY DAY

Right when you wake up, in the brief couple minutes before the seemingly endless to-do list, PRAY! It can be simple—“God, thank you for the gift of this day. Give me the strength to do what I need to do.” It could be longer, if you have more time. Perhaps you spend a couple minutes in silent prayer while sipping your morning coffee. Perhaps you wake up early and have time for a Rosary. No matter what, it should be something.

4. PRAY DURING YOUR COMMUTE

Whether this is walking to class, driving or taking the bus to work, or taking your kids to their sporting events, this time can be valuable prayer time. If it's a longer trip and you know the roads, maybe you have time for a Rosary—put on the App or a CD and pray along! If it's a shorter trip, maybe you have time for a Divine Mercy Chaplet. (It takes 5-7 minutes). If you're driving alone, you can even spend the time in silent prayer with God or have a conversation with Him about what's going on in your life. You (or your children) may not have the patience to pray for your whole car, bus, or train ride, but you could at least pray for some. Turn off the rock music and turn up the prayer!

5. MAKE HOLY YOUR DAILY TASKS

We can pray during all sorts of daily activities. While washing our hands or taking a shower, we can ask God to help us to stay away from the smudge of sin. While putting on lip balm, we can ask God to help us to say only good things today. While putting in contacts, you may think, “God, help me to see you today and every day!” Certainly you can think of a few other examples.

6. USE THE BATHROOM!

With four kids running around the house, my mom would sneak off to the bathroom sometimes and then stay there a couple minutes even after she was done. Sometimes, she'd even start reading a book. Maybe you can sneak away to your bathroom or bedroom and say a couple short prayers before your kids, your parents, or the rest of your family needs you.

7. MINDLESS TASKS = MINDFUL PRAYER!

When we're doing something we don't need to focus on too much, like washing the dishes, cleaning things, or getting our coffee, we can spend that time in prayer. When you're rocking your infant to sleep, thank God for the gift of your child. When I spent a couple summers at my parish as a janitor, I often listened to the Rosary while working and prayed along!

8. OFFER YOUR DAY AS A PRAYER

Everything we do, unless it's immoral, can be offered to God. As Saint Paul says, whether we eat or drink, or whatever else we do, we do it all for the glory of God (see 1 Cor 10:31). As Christians seeking heaven, everything we do is transformed as we direct it toward God as our ultimate goal. Call this to mind and remember—even that soccer game can be holy!

9. FILL YOUR ROOM WITH HOLY THINGS!

For first communion, confirmation, weddings, or other events, we accumulate rosaries, religious pictures, statues, and prayer cards. Put these up around your house. They can serve as reminders to pray, even if it's just for a split second!

10. SHORT PRAYERS = ABUNDANT GRACES!

When we're stressed, we like to take a deep breath. There's probably some psychological explanation to why this works so well at calming us down. But it can also work really well for helping us pray. Some short prayers work really well with breathing. Breathe in: “Jesus Christ, Son of God...” Breathe out: “Have mercy on me, a sinner.” Breathe in: “Jesus, I trust in you” Breathe out: “Jesus I trust in you.” There are countless other examples. Your prayer can even be as short as: “Mary, help!”

11. PRAY BEFORE YOUR MEALS

Even at a restaurant, you should always thank God for the gifts He gives and ask him to bless you and your food. It doesn't take that long to pray the “Bless us, O Lord.”

12. PRAY EVERY NIGHT

As you're falling asleep, spend time thanking God for the gift of the day—what you had a chance to see and to do, the friends and family in your life. Then call to mind the times when you've done something you shouldn't have done or failed to do the good you should have done, and ask His forgiveness. Then ask His strength to do better tomorrow. Finally, call to mind everyone you want to pray for and ask for God's blessings upon them. Close with a couple simple prayers. This is great to do with your families. I have fond memories of praying together with my parents and siblings when I was growing up!

BOTTOM LINE

Remember, prayer is our way of being with God and together with the Saints. It's our time to be together and help our relationship with God. We love God and the Saints, and they love us, more than we can ever imagine. Try these 12 simple tricks to make some time to pray! Trust me—they work!

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GOING DEEPER

Pray with your family: "God, help me to pray. I love you, and I want to spend time with you. I want you to know how much I love you. Help me to make time for you."

CONTINUE THE JOURNEY

Have a conversation with your family about prayer. When do you pray? Consider praying together before bedtime. Come up with a prayer goal, and stick to it! Then, talk with each other and see—how did you do? Help each other to stick to the plan.

Looking for a Rosary Prayer App to listen to while working or in the car? [Download ours now!](#)

LUKE DONAHUE

Luke Donahue is a Tennessee native and a seminarian with the Congregation of Holy Cross. Prior to entering seminary, Luke graduated in May 2017 from the University of Notre Dame, where he majored in Theology and German. Outside of his studies, Luke is involved with the Notre Dame Militia of the Immaculata, and he plays Tuba and does Karate. Luke will enter the Holy Cross Novitiate in Colorado Springs in August to begin a semi-monastic year. Please pray for him, and know that he will be praying for you, as well. He will have plenty of prayer time while he's there!

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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