

Enhance your family prayer with
FAMILY ROSARY

Navigating Prayer Time as Children Grow

Adjusting to their needs

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

As children grow up, they outgrow many things. And prayer can oftentimes be included on that list. As parents, guardians, older siblings or friends, we all want the young people in our circles to live good lives. So how do we keep our children involved in faith as they grow?

Make prayer grow with them! The interests of our youth are constantly changing, and there are so many ways to pray. In this reflection from CatholicMom.com, we explore the creative ways of keeping prayer in our children's lives.

For us to grow in faith, the faith will grow with us.

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.



CHILDREN MUST BE ABLE TO PLAY, STUDY AND GROW IN
A PEACEFUL ENVIRONMENT. WOE TO ANYONE WHO
STIFLES THEIR JOYFUL IMPULSE TO HOPE!

POPE FRANCIS



NAVIGATING PRAYER TIME AS CHILDREN GROW



How do we keep our children involved in faith as they grow? Make prayer grow with them!

NOTICING THE SLACK

I am always looking for new ways to pray with my children. As they get older, this requires more creativity and inspiration than it used to in the days of sweet toddler bedtime prayers. Now, my 12- and 7-year-olds tell me that setting aside prayer time is “boring!” the same way that they tell me attending Mass is boring. It’s not an easy journey, raising children in the faith in a meaningful way. They need to take it on as their own, but until that point, it’s up to us as their parents to nudge them and show them a positive example. And to be honest, I have been slacking in the bedtime prayer department.

We read stories of the saints, and sometimes I can coax a Rosary out of them. I know, though, that the way to truly make this prayer time significant for them is to make it more personal to the struggles they are going through in their own lives. I have become more and more mindful of this fact as the years go on.

LOOKING AT WHO THEY ARE

My daughter, Anne, is my 7-year-old. She is an incredibly empathetic person with a heart as big as the eye can see. With a personality like hers, she is constantly taking the sorrow of other people upon herself, and trying to make them feel better. It is a quality that makes my own heart swell with love and pride (despite the fact that I always feel like I have no idea what the heck I am doing as a parent, I do manage to do a few things right!), and on the other hand bleed with grief for the emotional pain she will inevitably experience. For Anne, intercessory prayer gets her attention. She likes to know the details of what the person in question is in need of. This way, she can pray for their specific situation and it speaks to her empathetic spirit. She is very motivated to pray in this way, and I am realizing that I should prompt her on it regularly, so that it becomes a habit.

Henry, my 12-year-old, of course, has completely different needs. He is also a compassionate, sweet-natured child, but given his age right on the brink of puberty, I need a completely different approach. He is at a crucial turning point in which his faith and Catholic world view can shape the rest of his life. I want to instill it in such a way that is impactful to him (aka “Please Lord, don’t let me mess this up!”) Henry loves to learn new and interesting things, and thus the lives of the saints

have always fascinated him. I have been trying a different tack with our nighttime saint reading ritual, in which we take turns reading the narrative, and then the listening person supplies 2 or 3 new things that they gleaned from the story.

I think that for his birthday, I would like to seek out a Bible for him that is especially geared towards teens. For Henry, seeing how the faith is relevant to, and useful in, his daily middle-school life, is essential.

BOTTOM LINE

As with so many things in parenting, the bottom line is: I hope that I am on to something! So often, we are like fish out of water, especially with our oldest child, when we lack any experience to lean on. In the end, we do the best that we can, and we leave the rest to God. He loves them even more than we do.

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GOING DEEPER

Prayer is different for everyone as we grow. We try our best to keep faith in our children's lives, hoping what it does for us, it can also do for them. Share with your kids what you pray for, how you pray, and any other tips that might encourage them to pray themselves. And don't forget to pray together - family prayer is one of our most powerful tools!

What do you see in your children that could encourage them to pray? How can you tailor their prayers to their experiences? What ways do your children like to pray?

CONTINUE THE JOURNEY

Bringing families closer together through prayer was the mission of our founder, Father Patrick Peyton. Tools, tips and ideas for praying as a family and encouraging kids to pray can be found at FamilyRosary.org



TIFFANY WALSH

Tiffany is a wife and mother to two precious children, a native Western New Yorker, and an academic librarian. She is a cradle Catholic who rekindled her childhood faith as a graduate student in New York City via her love of books and discovery of daily Mass. She enjoys using humor in her writing, and blogs about faith, books, and everything in-between over at lifeofacatholiclibrarian.com.

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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