

Enhance your family prayer with
FAMILY ROSARY

P.R.A.I.S.E
*Exploring the Church's
Spiritual Treasure Chest*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER



WELCOME TO OUR FAMILY

It is our mission is to encourage daily family prayer as our founder Venerable Patrick Peyton said, “The family that prays together stays together.”

We recognize families come in all shapes and sizes – and with all sorts of challenges – but we are confident that instilling a habit of daily prayer will transform all families around the world in unimaginable ways!

So this Easter season, give your family the gift that keeps on giving: prayer together! If you don't know where to start, this eBook focuses on an excerpt of the book *Discovering God Together: The Catholic Guide to Raising Faithful Kids* written by well-respected authors Dr. Gregory and Lisa Popcak.

Discover the many ways to pray as a family and explore the Church's spiritual treasure chest of traditions, devotions and prayer forms.

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.



“GOD COVERS US WITH HIS MERCY, HE ENFOLDS US IN CHRIST, SO THAT WE CAN BECOME INSTRUMENTS OF HIS GOODNESS.”
POPE FRANCIS



P-R-A-I-S-E



In Greg and Lisa Popcak's book *Discovering God Together*, they discuss how to transform your family into a peaceful and faith-filled example of God's love. Here's a chapter focusing on a tool to enhance your family prayer.

THE FAMILY THAT PRAYS TOGETHER: A HOW-TO

There are many ways to pray as a family. As Catholics, we should feel free to explore the Church's spiritual treasure chest, which contains thousands of years of wonderful traditions, devotions and prayer forms.

We've found it best to have a loose template to follow using the acronym, "**PRAISE**."

- P** Praise and Thanksgiving
- R** Repentance
- A** Ask for your needs
- I** Intercede for others
- S** Seek God's will
- E** Express your desire to serve him until you meet again in prayer

The nice thing about this format is that, depending on your energy level and attention span, it could take five minutes or an hour. You could add formal prayers (such as the Our Father, the Hail Mary, the Glory Be, the Memorare, the St. Michael Prayer, the Rosary, or the Divine Mercy Chaplet) at the beginning or the end if you like, or you can keep it more spontaneous if that works better for your family.

When using this template, the leader of the prayer should start. When children are younger, Dad or Mom should lead, but as children get older—say around six or seven—they can take turns leading, assuming they are willing and have some experience praying with the family. Decide ahead of time whether you are going to use just this format or add any other prayers that your family finds meaningful; then go through each step, with each family member making a brief contribution. You don't have to do each step every time. ***This outline just helps you remember to incorporate different dimensions of prayer into your family prayer time.***

PRAISE AND THANKSGIVING.

Praise is when we honor God for who he is, like saying to a person we love, "You're so awesome! I'm glad you're in my life!" Thanksgiving is when we honor God for the things he has done for us. Let each family member, beginning with the leader, offer a brief word of praise or thanks. Don't force a reluctant or shy child to say something, but do encourage him. You might say, "Jimmy, would it be okay for me to thank God that you had fun playing a game with me today?" (Nod.) "Jesus, Jimmy is so thankful that we got to play a game together! Thank you Jesus!" (Little hug for Jimmy.) Be encouraging and gentle. Everyone will participate eventually.

REPENTANCE.

This isn't a time for confessing personal sins. That's what Confession is for! But almost every day in family life we have little ways we take advantage of each other or hurt each other's feelings. This is a good time to acknowledge those little lapses and ask for God's help to do better. For instance, "Lord, I'm sorry for losing patience with the kids. Help me to be more patient while getting everyone out the door in the morning." Then you might ask the children, "How about you? Is there some way you'd like God to help you be more loving to the family?" Again, don't pressure. Encourage, prompt, and suggest when necessary, but be gentle and careful not to embarrass anyone.

ASK FOR YOUR NEEDS.

We're all pretty good at this. Take turns bringing various concerns and needs to God. "Lord, please help me get along better with the people at work." "God, please help me do well on my math test tomorrow." And so forth.

INTERCEDE FOR OTHERS.

Remember to let everyone take turns praying for those who need God's grace. "Lord please bless Grandma and help her feel better."

SEEK GOD'S WILL.

This is similar to asking for your needs, but it has more to do with bigger decisions that require some ongoing thought and discussion. For instance, "Lord, we really want to be closer as a family, but it's so hard to find the time. Help us decide which activities are really important and which ones we could let go of so we could have more family time." Or, "Lord, help us all work well together in deciding which college would be best for Emily. She has worked so hard and you've given her many wonderful opportunities. Please help her make the right decision and help us be a good support to her." You should also use this time to talk a little bit about any new information you've gotten since the last time you prayed about that issue or any new questions that have come up. This gives you the chance to remember to make God a part of the most important discussions and decisions your family has to make.

EXPRESS YOUR DESIRE TO SERVE HIM UNTIL YOU MEET AGAIN IN PRAYER.

Family prayer doesn't end when you say, "Amen." In some ways, it is just beginning. If you let him,

God will continue speaking to you all throughout the day by bringing something to mind or highlighting something someone says to you, or drawing your attention to something that he wants you to think about some more. As you wrap up your family prayer time, end by letting God know that you want to listen to him all day long and bring what he tells you back to your next family prayer time. "Lord, thank you for this time together. Help us to keep listening to you, hearing your voice, and attending to your will throughout the day until we meet again as a family to pray and honor you. Amen."

Again, these are just suggestions. You can add or subtract anything you like. If you would like to add a praise song, go ahead. If you want to add a decade of the Rosary, by all means, do so. If you need to keep it shorter tonight because you got home late from a game, that's okay too. Just make a regular commitment to some of kind of daily prayer time so that your family can acknowledge all the ways God is active in your hearts and in your home.

Excerpted from Discovering God Together: The Catholic Guide to Raising Faithful Kids, by Gregory K. and Lisa Popcak, ©2015. Used with permission.

GOING DEEPER

If you and your family are longing for a productive way to share your faith, [explore the rest of this book](#) and apply some of these practices to your every day life. Every family is different so don't put a lot of pressure on yourselves to have it figured out right away. Ease into it, pick and choose what works for you, and most of all, persevere in creating a fruitful prayer foundation for your family.

If you'd like daily inspiration from Greg and Lisa Popcak, check out their radio show, [More2Life](#), on Ave Maria Radio.

CONTINUE THE JOURNEY

Another easy way to talk about big Catholic questions and topics is with the popular video series [Catholic Central](#). The entertaining and informing episodes take on a tangible way to talk about the Catholic faith. If your teens and young adults don't want to listen to you, have them turn to Kai and Libby (the show's co-hosts)!



LISA POPCAK

Lisa Popcak is the vice president of the Pastoral Solutions Institute. A family life coach, lactation consultant, and professional educator, she is the coauthor of *For Better ... Forever!*, *Holy Sex!*, and *Parenting with Grace*. Since 2001, she and her husband and coauthor, Gregory Popcak, have hosted several nationally syndicated radio advice programs, including *Heart, Mind and Strength*, *Fully Alive!*, and, most recently, *More2Life*. They have also hosted two television series for EWTN: *For Better ... FOREVER* and *God Help Me!* Popcak's articles can be read in many popular Catholic magazines. A sought-after speaker on marriage, parenting, and women's spirituality, she has addressed audiences across North America.

GREGORY POPCAK

Dr. Gregory Popcak is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping Catholics find faith-filled solutions to tough marriage, family, and personal problems. The author of over a dozen popular books integrating solid Catholic theology and counseling psychology, Dr. Popcak is an expert on the practical applications of the Theology of the Body. Through the Pastoral Solutions Institute, he directs a group pastoral tele-counseling practice that provides ongoing pastoral psychotherapy services to Catholic couples, individuals and families around the world.

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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