

Prayer
in
Our Home



The Christian family is the first place of education in prayer.

Catechism of the Catholic Church

 Imprimatur

Gerard Pettipas, C.Ss.R.
Archbishop of Grouard-McLennan

Dear Friends in Jesus' Family,



How is your family prayer life?

How would you like it to be?

When would be the best time to pray together?

Through our busy schedules and rushed meals, our family life sometimes stumbles. Sometimes falls. Yet a family at peace forms a world at peace. Relationships of understanding, acceptance and forgiveness begin in our families. There are many voices out-shouting our voice as followers of Jesus: social media, movie stars, sports heroes, world leaders, authors, and peers who hold ideas contrary to our faith. But, take heart. We have the armor of prayer!

You may be feeling lukewarm about the whole idea of family prayer but maybe someone else in your family is ready to lead. Perhaps a special place in your home could be prepared for a quiet time of prayer. How about one family member leading the prayer time this week and someone else lead next week?

Let each person find their prayer voice. There are many ways to pray. One may like the psalms. Another a Bible reading. Another the rosary. Another rote traditional prayers. The Holy Spirit will guide you. Have your family talk about it, maybe after Mass one Sunday.

Need ideas?

Archbishop Pettipas has graciously put the following ideas for you in a booklet, *Prayer in Our Home*. *Prayer in Our Home* was created to be used on any day of the week and any day of the month. Feel free to use it as presented here or use whatever elements you wish. It is more important to pray as a family than to follow this outline precisely.

Our hope is to encourage family prayer in the homes of the Archdiocese.

Respectfully,

The Diocesan Faith Formation Committee

Sunday

“Prayer is the raising of one’s mind and heart to God...”

St. John Damascene

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

Lord, God of heaven and earth, hear our prayers and show us the way to peace in the world. Grant this through our Lord, Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

Psalm 63

O God, you are my God; at dawn I seek you;
for you my soul is thirsting.

For you my flesh is pining,
like a dry, weary land without water.

I have come before you in the sanctuary,
to behold your strength and your glory.

Your loving mercy is better than life;
my lips will speak your praise.

I will bless you all my life;
in your name I will lift up my hands.

My soul shall be filled as with a banquet;
with joyful lips, my mouth shall praise you.
When I remember you upon my bed,
I muse on you through the watches of the night.
For you have been my strength;
in the shadow of your wings I rejoice.

Reading (*use the bible text selection for today's date
on pp. 32-33*)

Intercessions

Christ is the sun that never sets, the true light that
shines on every person. Let us call out to him in
praise.

Lord, hear our prayer.

Creator of the sun, the stars and all things, we
thank you for the gift of life and light, as we remem-
ber your resurrection.

Lord, hear our prayer.

May your Holy Spirit guide and teach us, especially
how we are to do your will each day.

Lord, hear our prayer.

As we joyfully gather each Sunday, as your people around your table, may we always be grateful for the gifts of your Word and your Body and Blood.

Lord, hear our prayer.

From our hearts, we thank you for all your blessings, especially for...

Lord, hear our prayer.

(add any prayer for the needy, those suffering in any way, local and family intentions ...)

Lord, hear our prayer.

Our Father... (see p. 34)

Sign of the Cross



Monday

According to Scripture, it is the heart that prays. If our heart is far from God, the works of prayer are in vain.

Catechism of the Catholic Church

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

Lord, may everything we do begin with your inspiration and continue with your saving help. Let our work find its origin in you and through you reach completion. We ask this through Christ our Lord. Amen.

Psalm 15

Lord, who shall be admitted to your tent and dwell on your holy mountain?

He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;

He who does no wrong to his brother,
who casts no slur on his neighbor,
who holds the godless in disdain,
but honors those who fear the Lord;

and accepts no bribes against the innocent.

Such a man will stand firm forever.

Reading (*use the bible text selection for today's date on pp. 32-33*)

Intercessions

God has made a lasting promise to his people, and he never ceases to bless us. Grateful for his love, we pray to God.

Lord, hear our prayer.

Save your people, Lord, and bless the earth and all that it holds.

Lord, hear our prayer.

Gather as one people all who bear the name of Christian, that the world may know of Christ, the Lord and Saviour of all.

Lord, hear our prayer.

Give our friends and our loved ones a share in divine life, so that they may bring Christ to others.

Lord, hear our prayer.

Show your love to those who are suffering, and support them in their daily struggles.

Lord, hear our prayer.

(add any prayer for the needy, those suffering in any way, local and family intentions ...)

Lord, hear our prayer.

Our Father... (see p. 34)

Sign of the Cross



Tuesday

Prayer does not change God, but it changes the one who prays.

Soren Kierkegaard

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

Almighty God, we give you thanks for bringing us safely to this hour. May this lifting up of our hands in prayer be a sacrifice pleasing in your sight. We ask this through Jesus Christ, your Son and our Saviour. Amen.

Psalm 119:1-8

They are happy whose life is blameless,
who follow God's law!

They are happy who do his will,
seeking him with all their hearts,

who never do anything evil
but walk in his ways.

You have laid down your precepts
to be obeyed with care.

May my footsteps be firm
to obey your statutes.

Then I shall not be put to shame
as I heed your commands.

I will thank you with an upright heart
as I learn your decrees.

I will obey your statutes;
do not forsake me.

Reading *(use the bible text selection for today's date
on pp. 32-33)*

Intercessions

We are called by Christ, to share his life. Let us
praise him with shouts of joy.

Lord, hear our prayer.

Jesus our King, through baptism you grant us a
share in your royal priesthood. Inspire us to offer
you a continual sacrifice of praise.

Lord, hear our prayer.

Help us to keep your commandments, that through
the power of the Holy Spirit we may live in you and
you in us.

Lord, hear our prayer.

May our companions today be free of sadness and filled with joy.

Lord, hear our prayer.

(add any prayer for the needy, those suffering in any way, local and family intentions ...)

Lord, hear our prayer.

Our Father... (see p. 34)

Sign of the Cross



Wednesday

We pray as we live, because we live as we pray.

Catechism of the Catholic Church

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

Lord Jesus Christ, to save all mankind you stretched out your arms on the cross. Let all we say and do be pleasing to you and helpful to our neighbour. May our actions proclaim your salvation to the world, for you live and reign in our hearts for ever and ever. Amen.

Psalm 27

The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink?

When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.

Though an army encamp against me
my heart would not fear.

Though war break out against me
even then would I trust.

There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savor the sweetness of the Lord,
to behold his temple.

For there he keeps me safe in his tent
in the day of evil.

He hides me in the shelter of his tent,
on a rock he sets me safe.

And now my head shall be raised
above my foes who surround me
and I shall offer within his tent
a sacrifice of joy.

I will sing and make music for the Lord.

Reading (*use the bible text selection for today's date
on pp. 32-33*)

Intercessions

Let us give thanks to Christ and offer him continual praise, for he makes us holy and calls us his holy people.

Lord, hear our prayer.

As a sign of your love, you renew us each day for the sake of our well-being. Help us to be open to you in our lives.

Lord, hear our prayer.

Teach us to recognize your presence in every person, especially in the poor and in those who miss their loved ones.

Lord, hear our prayer.

Grant that we may live each day in peace with all people, never returning evil for evil.

Lord, hear our prayer.

(add any prayer for the needy, those suffering in any way, local and family intentions ...)

Lord, hear our prayer.

Our Father... *(see p. 34)*

Sign of the Cross

Thursday

It is always springtime in the heart that loves God.

St. John Vianney

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

All-powerful and ever-living God, at morning, noon and evening we pray: cast out from our hearts the darkness of sin and error and bring us to the light of your truth, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

Psalm 100

Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.
Come before him, singing for joy.

Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of his flock.

Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

Indeed, how good is the Lord,
eternal his merciful love.
He is faithful from age to age.

Reading (*use the bible text selection for today's date
on pp. 32-33*)

Intercessions

Our hope is in God, who gives us help. Let us call
upon him and say,

Lord, hear our prayer.

Lord, our God, you have made an unending pledge
with your people. Keep us ever aware of your mighty
deeds.

Lord, hear our prayers.

Help our pope, bishops and priests to grow in
Christ's love, and to protect the unity of our Church
by the words of peace.

Lord, hear our prayer.

Be with us in our work of building the earth, our
home, so that our efforts will bring new life.

Lord, hear our prayer.

Welcome into the company of your saints our relatives who have died. May we share their happiness one day.

Lord, hear our prayer.

(add any prayer for the needy, those suffering in any way, local and family intentions ...)

Lord, hear our prayer.

Our Father... (see p. 34)

Sign of the Cross



Friday

The desire to pray is itself a clear sign of the Lord's presence.

Thomas Green, S.J.

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

God our Father, help us to follow the example of **your Son's patience in suffering**. **By sharing the burden** he carries, may we come to share his glory in the kingdom where he lives with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 34

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me.

Together let us praise his name.

I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.

This poor man called, the Lord heard him
and rescued him from all his distress.

The angel of the Lord is encamped
around those who revere him, to rescue
them.

Taste and see that the Lord is good.
He is happy who seeks refuge in him.

Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Reading (*use the bible text selection for today's date
on pp. 32-33*)

Intercessions

Blessed be God, who hears the prayers of the needy,
and fills the hungry with good things. Let us pray to
him in confidence.

Lord, hear our prayer.

Merciful Father, upon the cross Jesus offered you
the sacrifice of his love. We pray now for all the suf-
fering members of his Church.

Lord, hear our prayer.

Release those in bondage, give sight to the blind,
shelter the widow and the orphan.

Lord, hear our prayer.

Let your merciful presence be with us, Lord, at the
hour of our death. May we be found faithful and
leave this world in your peace.

Lord, hear our prayer.

Lead the departed into the light of your dwelling
place, that they may live with you for all eternity.

Lord, hear our prayer.

*(add any prayer for the needy, those suffering in any
way, local and family intentions ...)*

Lord, hear our prayer.

Our Father... (see p. 34)

Sign of the Cross



Saturday

Praying to our Father should develop in us the will to become like him and foster in us a humble and trusting heart.

Catechism of the Catholic Church

Sign of the Cross

In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

Hymn (*choose a hymn that you know and like*)

Opening Prayer

Lord, we beg you to visit this house and banish from it all that is not of your will for us. We rely on your Holy Spirit to fill our hearts with light and love. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this through Christ our Lord. Amen.

Psalm 150

Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

O praise him with sound of trumpet,
praise him with lute and harp.
Praise him with timbrel and dance,
praise him with strings and pipes.

O praise him with resounding cymbals,
praise him with clashing of cymbals.

Let everything that lives and that breathes
give praise to the Lord. ALLELUIA!

Reading *(use the bible text selection for today's date
on pp. 32-33)*

Intercessions

God aids and protects his chosen people. Let us give
thanks and proclaim his goodness.

Lord, hear our prayer.

We pray for *(Name)* our pope and *(Name)* our bishop.
Protect them, and in your goodness make them holy.

Lord, hear our prayer.

May the sick feel their friendship with the suffering
Christ, and know that they will enjoy his endless
comfort.

Lord, hear our prayer.

In your goodness, have compassion on the homeless;
help them to find proper housing.

Lord, hear our prayer.

*(add any prayer for the needy, those suffering in any
way, local and family intentions ...)*

Lord, hear our prayer.

Our Father... *(see p. 34)*

Sign of the Cross

Daily Readings for Each Day of the Month

Use the bible text selected for today's date or the Mass readings of the day.

1 Matthew 22: 34-40 The greatest commandment of all

2 Luke 22: 14-20 The supper

3 Mark 2: 15-17 Eating with sinners

4 Ephesians 4: 1-6 A call to unity

5 John 10: 11-16 The good shepherd

6 1 Peter 3: 8-12 Towards the brothers

7 Romans 12: 9-13 Humility and charity

8 Jeremiah 1: 4-8 The call of Jeremiah

9 Isaiah 2:1-5 Everlasting peace

10 Proverbs 13: 1-6 Proverbs of Solomon

11 Ecclesiasticus 6: 14-17 Friendship

12 Matthew 7: 7-11 Effective prayer

13 Matthew 13: 31-33 Parables of the Kingdom

14 Matthew 18: 1-4 Who is the greatest?

15 Matthew 18: 12-14 The lost sheep

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| 16 | 1 Corinthians 13: 4-7 | Love |
| 17 | Mark 2: 15-17 | Eating with sinners |
| 18 | Mark 12: 41-44 | The widow's mite |
| 19 | Luke 6: 36-38 | Compassion and generosity |
| 20 | 2 Corinthians 4: 7-10 | Trials and hopes of the apostolate |
| 21 | 1 John 1: 5-7 | Walk in the light |
| 22 | 1 John 4: 7-10 | Love |
| 23 | Ephesians 2: 13-16 | Reconciliation with others and God |
| 24 | 1 Peter 1: 6-9 | The salvation of Christians |
| 25 | Ecclesiasticus 3: 17-24 | Humility |
| 26 | Mark 10: 13-16 | Jesus and the children |
| 27 | Isaiah 55: 1-3 | The food of the poor |
| 28 | Isaiah 2: 1-5 | Everlasting peace |
| 29 | Isaiah 49: 14-15 | God never forgets his people |
| 30 | Genesis 9: 12-16 | The rainbow, sign of God's covenant |
| 31 | Revelation 3: 20-22 | I stand at the door and knock |

Sign of the Cross

In the name of the Father + and of the Son,
and of the Holy Spirit. Amen.

Our Father...

Our Father,
who art in heaven,
hallowed be thy name.

Thy kingdom come.

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread

And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee.

Blessed are thou among women
and blessed is the fruit of thy womb, Jesus.

Holy Mary Mother of God,
pray for us sinners now,
and at the hour of our death. Amen.

Glory Be (The Doxology)

Glory be to the Father +, and to the Son, and
to the Holy Spirit, as it was in the beginning,
is now, and ever shall be, world without end.
Amen.



Archdiocese of Grouard-McLennan

10301 102 Street

Grande Prairie, Alberta T8V 2W2

Ph: 780-532-9766 <http://archgm.ca>