

Prayer Life of the Family to Celebrate 175 Years of Catholic Education in Queensland

Prayer is a way for families, communities and individuals to come together, and show solidarity and be there for each other. We lift our hearts and minds to God when we pray. Everyone can pray and one only has to have the will to pray. There are many ways we can pray alone and also with our families and communities across our Catholic communities in Queensland.

Prayer Space

Create a prayer space in the home. This can be done with a small table and some coloured cloth that reflects the season in the Church year. Find a candle and a crucifix (if you have one). You might also like to add some flowers and prayer stones. If you have a Bible it could be placed in the space as well opened a favourite passage or story. Try not to over clutter the space. Keep it simple as sometimes all you need is a candle.

Routine

This week try to have all the family participate in a routine where they gather each day (eg. before bedtime). Each person might offer their own thoughts about what or whom they would like to pray for.

Pray in Creation

Sit outside each day and take a moment to listen to the sounds, paying attention to what you can feel and see. Give thanks to God as you sit in stillness, peace and quiet.

Gratitude Prayer

Share a moment of your day that you are grateful for with another.

Meditative prayers

Practice silence and stillness. Light a candle to remind you of the presence of God and sit quietly alone or with others in your family. Close your eyes and become aware of your breath. You might like to include a mantra. Maranatha is an ancient Aramaic word meaning come Lord Jesus. This can be repeated gently with the breath. Spend 5-10 minutes.

Traditional Prayers

Traditional prayers can provide comfort in repetition and simplicity. They can help to refocus the mind. These prayers have been prayed by members of the Catholic community in the past 175 years as they celebrated God and their faith. Take time to say the Our Father and/or the Hail Mary. Perhaps you can pray a decade of the Rosary as a family and share who or what is your offering for the prayer.

QUEENSLAND
**CATHOLIC
EDUCATION WEEK**

Ignatian Examen

This prayer comes from Ignatius Loyola the founder of the Jesuits (Pope Francis is a Jesuit). The Examen has 5 simple steps.

Stillness: Stop and become present in the moment. Let the 'noise' inside your head stop and be aware of God.

Thanks: Think of the things you are grateful for in your day. Don't rush this - you might be realise there are things you would have expected and yet some surprises.

Awareness: Think and pray a bit more. What is really going on in your mind and heart share your thoughts, and feelings with God.

Sorrow: Now share with God what you are sorry for and how name how you can do things better?

Hope: Look ahead to tomorrow. What is a positive way you could look at a new day?