

# MyPrayer Playbook



*The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called “the domestic church,” a community of grace and prayer, a school of human virtues and of Christian charity (CCC, 1666)*

Name: \_\_\_\_\_

## My Prayer Commitments:

### Daily Prayer

How are you being called to practice the habit of daily prayer?

*Examples: prayer every night before bed, family rosary each night, rosary everyday, prayer before meals, sharing blessings around the dinner table, examen at end of the day, lectio divina, Hallow (catholic app)*

### Weekly Mass

How will you ensure that attending Mass every Sunday and Holy Day of Obligation is a priority for your self?

*Examples: write the Mass you plan to attend on your family calendar each week or planner, look at Holy Days of Obligation in advance and add them to the calendar, clear our Sunday schedule of activities to prioritize family time, talk to my boss about changing my work schedule to get Sundays off, find a Mass while on vacation, look for weekly mass you can attend*

## Reconciliation

As Catholics, we are expected to receive the sacrament of Reconciliation at least once a year. Fr. Mark recommends receiving the sacrament of Reconciliation once a month. What commitment are you ready to make right now? When will you receive the sacrament?

*Examples: attend Reconciliation services as a family during Advent and Lent, receive the sacrament together once a month and celebrate with a treat afterwards, make a holy hour in preparation while waiting in line, or invite a friend or sibling and celebrate with a treat after.*

## Retreat

Retreats are great ways to step away from the ordinary activities of life and focus more on our relationship with God. Fr. Mark encourages that everyone commit to a yearly retreat. How will your family make time for retreats in the busyness of every day life?

*Examples: attend weekly youth group (middle and high school), First Reconciliation retreat, MMI retreat, retreat with JPII Healing Center, youth group retreat, etc.*

## Eucharistic Adoration

This is the year of Eucharistic Revival! How will you participate?

*Examples: commit to a weekly or monthly holy hour as a family or individually, attend monthly family holy hours at St. Alice, come 30 minutes early for Mass or stay for 30 minutes after Mass to pray in adoration, parents take a holy hour as a couple, attend monthly Nights of Hope and Healing as a family, youth group holy hour; Saturdays 8-9am*