

# PRAY AS A **FAMILY**

A photograph of a family of four—a young girl with curly hair, a man with glasses, and a woman with glasses—smiling and looking at each other. The image is overlaid with a blue tint.

1. Consider and discuss options.
2. Make a family prayer plan.
3. Get started!
4. Assess how it's going and make adjustments.

 **nextstep** family

Remember that God is with you through this process. Bring your questions and planning to prayer. Ask for the Holy Spirit's help as you get started and make adjustments.

## ■ CONSIDER & DISCUSS

Consider your resources, preferences, and family makeup.

What types of prayer are you familiar with? How would you like to pray with your family? Have you prayed together before?

What worked? What didn't? Who can you talk to for ideas and support? Who needs to be included in the planning?

## ■ MAKE A PLAN

To start well, make a plan with as much specificity as possible:

How often will you pray as a family? What time of day and which days of the week? What do you want on hand (music, rosaries, Bibles)? Does your plan fit the rhythm of your family?

## ■ GET STARTED

We learn to pray by praying!

Try out your plan and stick with it for at least two weeks. It takes time to get into a habit. Be patient with yourself and your kids as you adapt. A sense of humor helps!

## ■ ASSESS & ADJUST

Your prayer plan will grow and adapt over time.

What has been going well? What isn't working? Anything to add or subtract? What are you grateful for?

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