

Parent Night #1

September 25, 2024

GUIDED MEDITATION

(To do at Home with the Family)

Prayer is our way of connecting to God. It's our way to enter into a relationship with God.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Let us close our eyes.

Breathe in and Breathe out. Pay attention to the air entering your nose and leaving your nose.

Keep breathing in and out of your nose, but now relax your mouth and your jaw.

Keep breathing in and out of your nose, but now feel the movement on your chest.

Keep breathing in and out of your nose, and feel your heartbeat slowing down.

(Moment of Silence)

Amen.

Now open your eyes...

Why is this an effective way to pray? It integrates 3 things: Body, Mind, and Spirit

- Body: it quiets our body
- Mind: reflection and mindfulness
- Spirit: makes room for the Holy Spirit to come and play

How powerful silence is. And how much silence is needed. By simply paying attention to our bodies, breathing and clearing our minds can be a prayer and a gift we offer to God in thanksgiving and the best gift we can give to ourselves.

NOTES ABOUT PRAYER FROM FRANCIS CABILDO (Guest Speaker)

"For me, prayer is a surge of the heart, it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy" - St. Therese of Lisieux

- Prayer is relationship/friendship.
- We want to inspire you to have your own prayer life and to help you communicate that to your children.
- Parents must be able to model it before teaching.
- Your kids need to see you praying.

- When teaching your kids to pray it's important to have a plan: This is what we will pray today, this is where we will pray, at this time, etc.

Ways to pray:

VOCAL PRAYER - Start with Our Father, Hail Mary, The Glory Be
Move into praying a decade (10 Hail Mary's)
Eventually praying the Rosary together as a family.

MENTAL PRAYER - Prayer from the heart. Let kids express their prayer with freedom and creativity. Trust in knowing that they are speaking to God, who sees them, knows them, and loves them. Make up your own family prayer.

ADORATION - Go to the Church as a family, sitting in the quiet before Jesus. Start with a few minutes then gradually build the length of time.

TEACH ME TO PRAY Worksheet

This worksheet will help students get in the habit of writing down their prayers and thoughts to God. It's a good start for you to do as a family on a daily basis.