

Family Card

Getting the Scoop on Making Time for God:

This habit is about learning how to make prayer a priority in the midst of very busy schedules and routines, using some tried and true methods from the tradition of the Church. It is especially challenging for busy parents and kids to spend long amounts of time praying each day, but when we think about how many minutes a day we give to other tasks, offering God 15 minutes of time seems pretty reasonable.



HOLY HABITS CHALLENGE



MAKE TIME FOR GOD



MAKE 15 MINUTES DAILY TO PRAY WITH THE SACRED SCRIPTURES.



MAKE 15 MINUTES DAILY TO PRAY THE ROSARY.



MAKE 15 MINUTES DAILY TO VISIT THE BLESSED SACRAMENT.

How Parents Can Lead the Way:

- Your personal striving to deepen your spirit of prayer is a great way to encourage the whole family to pray. Picking up the Scriptures anew, or learning the Rosary, or sitting down before the tabernacle can seem really intimidating at first. There are many helpful materials available from Catholic publishers and websites to help you. The most important step is deciding that you want to make the time; the rest will take care of itself.

Making Time for God As a Family:

- As part of your family meal prayer, read one of the Scripture readings designated for weekday Mass on that day.
- Purchase a children's edition of the Scriptures and read a bible story at bedtime.
- Pray the Rosary aloud as a family while you are out for a walk or traveling somewhere.
- If children are too young to sit for so many minutes before the Blessed Sacrament, make it a point to talk to them while at church about how Jesus lives in the tabernacle.
- Try to get to Mass 15 minutes early as a whole family and spend some time in prayer before the tabernacle before Mass starts.



"EVERY ATHLETE EXERCISES
DISCIPLINE IN EVERY WAY"
1 COR 9:25



"I DRIVE MY BODY AND TRAIN IT"
1 COR 9:27



"RUN SO AS TO WIN"
1 COR 9:24