



Prayer in the Family Home



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Daily Prayers

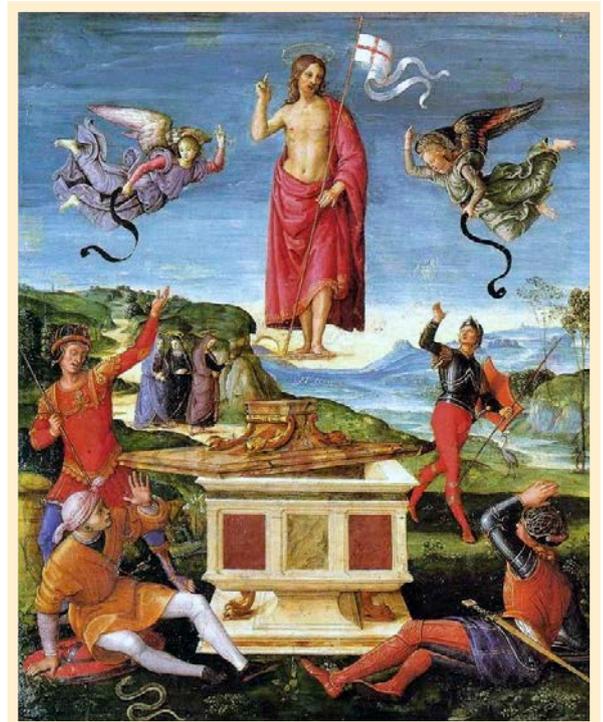
1. Morning Offering

A Morning Offering is a quick and easy way for us to dedicate our entire day to the love and service of Jesus, through the intercession of Mary, and in union with the intentions of the Holy Father for the Church.

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with all the Masses said throughout the world today. I offer them for the intentions of your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops, the Holy Father, and of all the faithful.

Reflection: *How can I make the Morning Offering a habitual prayer that I pray immediately after waking each morning?*

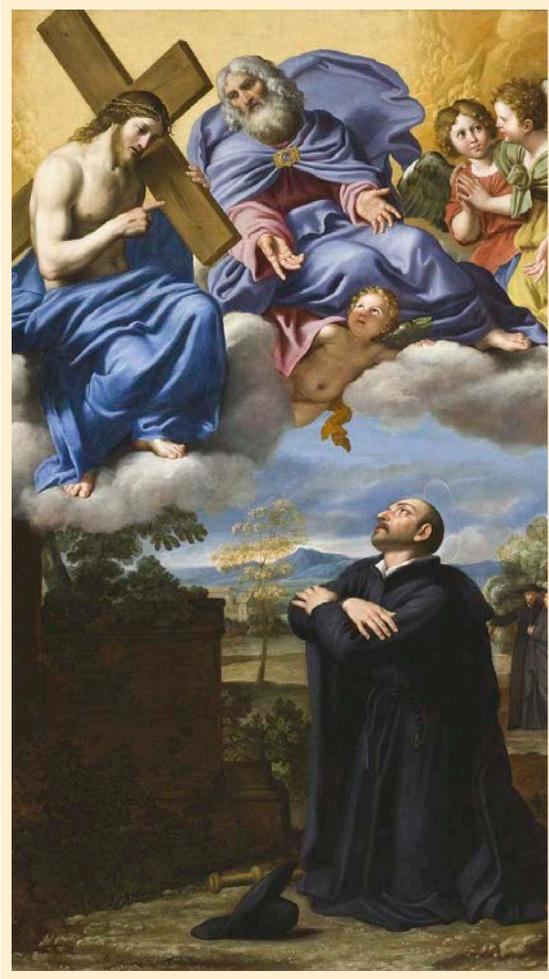
■ Resurrection of Jesus Christ,
Raffaello Sanzio da Urbino.



2. Evening Examen

The Examen is a method of reviewing your day with gratitude in the presence of God, surrendering your faults and sins to him, and asking for the grace to do better tomorrow. This practice can be done alone, or it can be guided by the father or mother for the whole family to do together, using the the following prompts:

■
Saint Ignatius of Loyola's
Vision of Christ and God
the Father at La Storta,
Domenichino.



1. Place yourselves in the presence of God.
2. Ask him for the light to review your day from his perspective.
3. Look back at all there is to be grateful for from your day.
4. Look back at all the occasions you fell into sin today.
5. Think about how you might do better tomorrow, and make a resolution to do so.
6. Make an act of contrition.

Reflection: *Do I allow myself to be totally vulnerable and transparent with Jesus during this special time of prayer?*

3. Grace Before Meals

Giving thanks to God for our food is a common Catholic tradition. The Grace Before and After Meals prayers below are standard for saying grace among Catholics.

Bless us, O Lord, and these, Your gifts, which we are about to receive from Your bounty, through Christ, Our Lord. *Amen*



4. Grace After Meals

We give You thanks for all Your benefits, O Almighty God, who lives and reigns; world without end. *Amen.*

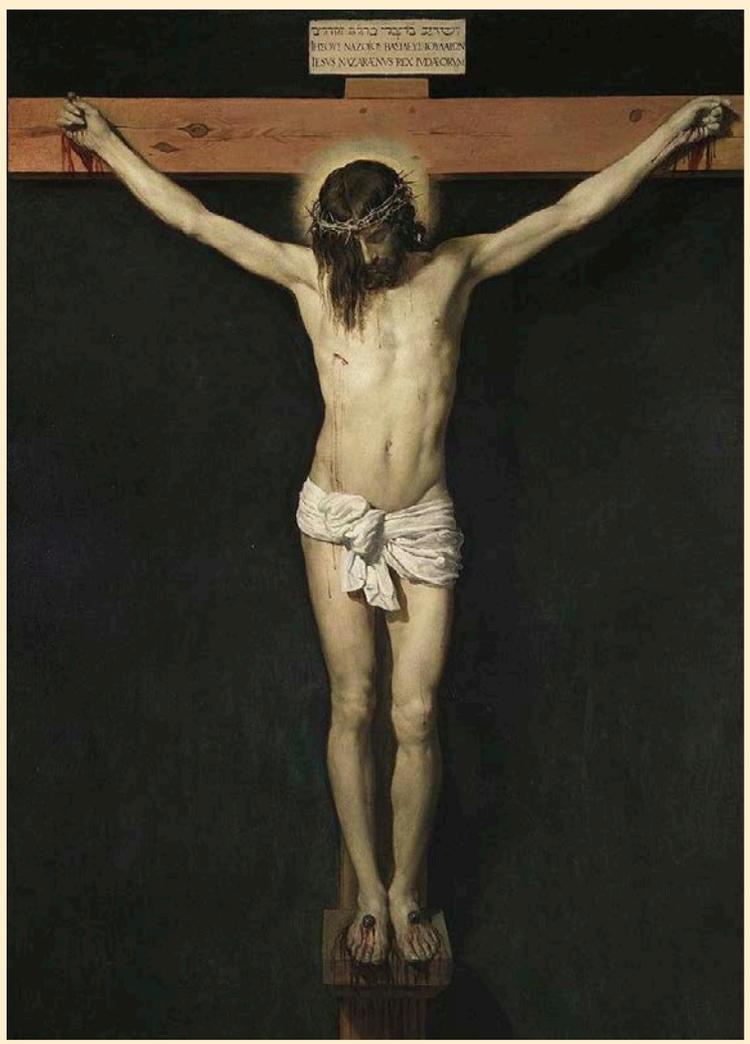
May the souls of the faithful departed, through the mercy of God, rest in peace. *Amen.*

Reflection: *Have I established the habit of saying grace before and after each meal?*

5. Prayer before a Crucifix

When we gaze upon a crucifix, we do not see an instrument of torture, but of love. We reflect upon Our Lord's arms outstretched on the Cross, dying for love of each one of us. Jesus withheld nothing, so as to save us from our sins and to draw us into eternal life with Him. We unite ourselves to him on the Cross, offering Him our struggles and our sins, asking Him to transform them into love.

Look down upon me, good and gentle Jesus
while before Your face I humbly kneel and,
with burning soul,
pray and beseech You
to fix deep in my heart lively sentiments



■
Christ Crucified,
Diego Velazquez.

of faith, hope, and charity;
true contrition for my sins,
and a firm purpose of amendment.
While I contemplate,
with great love and tender pity,
Your five most precious wounds,
pondering over them within me
and calling to mind the words which David,
Your prophet, said to You, my Jesus:
"They have pierced My hands and My feet,
they have numbered all My bones." *Amen.*

Reflection: *Does the Crucifix, the image of God's love, have a prominent place in my home?*

6. Participate in the Daily Mass online

A livestreamed Mass is a spiritually beneficial way in which to partake in the Holy Sacrifice when we are unable to attend in person. At Mass, Jesus is truly present and, via the livestream, it is as if we are video-calling into the Paschal Mystery! Jesus knows our desire to be there in person; He sees us and is pleased with our efforts to spend time with Him.

Preparing for Mass

Have a discussion with your family/household members or consider for yourself how and where you will participate in the liturgies remotely. St Mary's Cathedral and several other churches in the Archdiocese live stream Masses and prayer services that can be watched live as it happens or streamed from Youtube, Facebook etc at a later time. You may like to set up a prayer table next to which you will stream liturgies. Cover a small table with a tablecloth, light candles, lay out a bible and crucifix etc. Meditate on the daily readings before Mass or pray the Rosary or Divine Mercy chaplet with others...Let us remember the humility of Jesus, who submitted himself to the Cross, that we too may learn his lesson of patient suffering.

■
Mass of
St Gregory the Great,
Adriaen Isenbrant.



'Attending' Mass

Attend Mass in the same way you would a normal Mass: Dress appropriately. Don't have food and drink in the immediate vicinity. You may also like to observe the one hour fast before 'receiving' communion (spiritual communion). Talking should be kept to a minimum once Mass begins. Make sure your seating is respectful to allow you to

participate as much as possible rather than as a spectator in an audience. If it isn't already a habit, be particularly attentive to the prayers of the Mass – the ones we join in each time e.g. the Gloria and the Creed and also the Propers, those prayers that are specifically for a day of the liturgical year.

After Mass

The Mass ends with 'Go in peace'; while we cannot go very far, let us keep in mind those that might be isolated at home and what we can do to support them and connect with them at this time.

~ Sr Moira de Bono RSM

***Reflection:** Do I have a sincere love for the Mass and see it as the ultimate good that I can participate in while I am on this earth?*

7. Make a Holy Hour from Home

Adoration is time spent in the presence of Jesus in the Blessed Sacrament, acknowledging that He is our Creator, and we are His beloved sons and daughters. In Adoration, it is God who does all the work, not me. I don't need to do anything! It is not about doing, it is about being - being in His presence, with the gift of my time and the surrender of an open heart.

This is a simple guide to spending an hour with Jesus. You may spend as much time as you like on each point. In time, you may develop your own way.

1. Make the Sign of the Cross

Do this slowly and deliberately, reminding yourself that you have been invited into the life of the Holy Trinity through your Baptism.

2. Humble yourself before God

Come to God in humility. Place yourself in His presence and make an act of faith: "Jesus, you are truly present in the Blessed Sacrament. I believe, help my unbelief."

3. Invoke the Holy Spirit

Ask the Holy Spirit to help you to pray. It may take a few minutes to really surrender yourself to him.

4. Give God your Joys and Worries

Speak to Jesus as a friend. Tell him about your joys and your worries. Intercede for those who need your prayers. Hand everything over to Jesus.

5. Nourish your Prayer

Read and pray with the Word of God. What touched you? Make a decision on how to respond to this in the coming week.

6. Wait in Prayer

You may feel inspired, but you may not. It's okay – maybe Jesus just wants you to rest on his heart.

7. Give Thanks to God

Offer him your hour of prayer and thank Him for the opportunity of being with Him.

8. Make the Sign of the Cross

Never judge the quality of your prayer – it is God who works in us, not us in Him. You may experience dryness or distraction, but don't give in to the temptation of feeling that prayer is a waste of time. It is not about feelings but faithfulness. So don't be discouraged if you find it hard. Just remember: you learn to pray by praying!

What do I do during a holy hour? More ideas:

A holy hour is not a project to be accomplished but an exercise of love. You can read a spiritual book, say the Rosary... or you can just DO nothing. Just rest with the Lord. The important



thing is to realise that you need time apart from the liturgical prayer of the Mass and even obligatory prayers like the Liturgy of the Hours for priests where you experience God's personal care for you alone.

~ Fr Brian Mullady OP

If you're after some assistance getting started with a Holy Hour, here are more suggestions of how you might divide your hour up so that it feels more achievable to "watch one hour" with The Lord.

Begin (5 minutes)

Ask the Holy Spirit to help you. Then make acts of faith, hope, and charity. Tell God how you believe, trust, and love him. Ask for more faith, hope, and charity.

Adoration (10 minutes)

Adore God in your heart. He holds the universe like a seed in the palm of his hand. He is all powerful, all good, more beautiful than we can imagine, and more real than the small things that we grasp so easily. Imagine Christ sitting with you.

Tell him: "Oh my God, I adore your divine greatness from the depths of my littleness; you are so great, and I am so small." or "Glory be ..."
Repeat as long as necessary.

Contrition (10 minutes)

Offer reparation. It's not your love for God, but His for you that saves. Examine your conscience. Offer reparation for your sins and the sins of the world. Pray: "Oh my Jesus, I am so sorry. Forgive me." (Imagine Jesus on the cross; kiss each of His wounds.)

Meditation (15 minutes)

Contemplate God's action. Here you could meditatively pray the Stations of the Cross, a Rosary. Or:

Lectio Divina. Read a brief Gospel passage. Imagine the scene. Notice Christ's reactions. Think of three ways the passage applies to your own life. Meditate on each line.

Spiritual Reading. Read Scripture or Catechism passages that apply to a doctrine of the Church. Appreciate God's plan and find ways it applies to you. This might also be a great opportunity to read a book by one of the Church's many spiritual masters such as St Francis de Sales' *Introduction to the Devout Life* or St Therese of Lisieux's *Story of a Soul*.

Life meditation. Or, deepening your examination of conscience, look at your own life. What kind of pride do you most fall into? Selfishness (valuing yourself most), Vanity (valuing others opinions most), Sensuality (valuing comforts

most). Pray for the opposite virtues: Charity (serving others first), Fidelity (putting Christ's opinion first), Discipline (accepting your crosses).

Thanksgiving (10 minutes)

Express gratitude for all God's gifts. He didn't just create you, he sustains your existence out of love in every moment.

Thank him for literally everything, and be specific: food, shelter, clothing, health, family, friends, teachers, coworkers, home, and most of all spiritual gifts — faith, hope, love, this time of prayer, the Catholic faith, the disciples who reached you.

Thank God for answers to prayer. Thank him for crosses. Thank him for creating you and caring so much for you that he died for you.

Petition God (5 minutes)

Ask God for what you and others need. He is the king of the universe. He's in control, even when it isn't obvious.

Pray for: The Church, the pope's intentions, for those who are suffering, for priests and bishops, for religious, for vocations, for your country, your family, for what you need most in the spiritual life. Pray for peace and the protection of the institution of the family. Pray for those who have asked for prayers.

Resolution (5 minutes)

Make a resolution to act on a light of the Holy Spirit you received: something doable and checkable.

Reflection: *"Could you not watch one hour with me?" (MT. 26:40) The Lord speaks to the disciples when they are overcome by sleep while He is wrestling with the Passion which He must undergo.*

Am I sometimes like them? Do I sometimes seem to be asleep spiritually in all the busyness and distractions of daily life?

8. Prayers for the Indwelling of the Holy Spirit

Because the Holy Spirit is the anointing of Christ, it is Christ who, as the Head of the Body, pours out the Spirit among His members to nourish, heal, and organise them in their mutual functions, to give them life, send them to bear witness, and associate them to His self-offering to the Father and to His intercession for the whole world. (CCC 739)

#1

O Holy Spirit, beloved of my soul, I adore You. Enlighten me, guide me, strengthen me, console me. Tell me what I should do; give me Your orders. I promise to submit myself to all that You desire of me and to accept all that You permit to happen to me. Let me only know Your Will.

~ Cardinal Mercier

#2

Holy Spirit,
powerful Consoler,
sacred Bond of the Father and the Son,
Hope of the afflicted,
descend into my heart
and establish in it Your loving dominion.
Enkindle in my tepid soul
the fire of Your Love
so that I may be wholly subject to You.
We believe that when you dwell in us,

You also prepare a dwelling
for the Father and the Son.
Deign, therefore, to come to me,
Consoler of abandoned souls,
and Protector of the needy.
Help the afflicted, strengthen the weak,
and support the wavering.
Come and purify me,
Let no evil desire take possession of me.
You love the humble and resist the proud.
Come to me, Glory of the living,
and Hope of the dying.
Lead me by Your grace
that I may always be pleasing to you.
Amen.



■ Pentecost,
Jean li Restout.

Reflection: *Am I opening myself to the subtle promptings of the Holy Spirit in my daily life?*

9. The Angelus

The Angelus, which should be said at 6.00am, 12.00pm, and 6.00pm, is a beautiful way to break up our day with a short meditation on the chief reason for our hope: that the Word became flesh and dwelt among us. During this prayer we are also invited to meditate on Mary's supreme 'yes' to the Will of the Father.



■
The Angelus,
Jean-François Millet.

V: The Angel of the Lord declared unto Mary

R: And she conceived of the Holy Spirit

Hail Mary...

V: Behold the handmaid of the Lord

R: Be it done unto to me according to Thy Word

Hail Mary...

V: And the Word became Flesh

R: And dwelt among us

Hail Mary...

V: Pray for us, O holy Mother of God

R: That we may be made worthy of the promises of Christ

V: Let us pray:

R: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we to whom the Incarnation of Christ Thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of His Resurrection.

Through the same Christ, Our Lord. *Amen.*

Reflection: *In what ways today can I, like Mary, surrender my life to God, saying with her, "Be it done unto me according to Thy Word."?*

10. Regina Coeli (said in place of the Angelus during the 50 days of the Easter Season)

Queen of heaven, rejoice. Alleluia.

For he whom thou didst deserve to bear, Alleluia.

Hath risen as He said, Alleluia.

Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin Mary, Alleluia. R. Because Our Lord is truly risen, Alleluia.

Let us pray

O God, who by the resurrection of Thy Son, Our Lord Jesus Christ, hast vouchsafed to make glad the whole world, grant, we beseech Thee, that, through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life.

Through the same Christ Our Lord.

Amen

11. Prayer to a Guardian Angel

Jesus speaks of guardian angels in the Gospel of Matthew when he says, "See that you never despise any of these little ones, for I tell you that their angels in heaven are continually in the presence of my Father in heaven." For this reason the Church encourages children to develop a devotion to their Guardian Angel from a young age, and to carry that devotion throughout life.

Angel of God, my guardian dear
To whom God's love commits me here
Ever this day be at my side
To light and guard
To rule and guide.

Reflection: *Do I ask for my Guardian Angel's help and guidance each day?*



■
Guardian Angel,
Pietro da Cortona.

12. Spiritual Communion



The first Eucharist,
Juan de Juanes.

A Spiritual Communion is a short, heartfelt prayer that fosters a greater love for the Eucharist within the soul. By praying a Spiritual Communion, we can unite ourselves to the Lord without receiving Him sacramentally.

My Jesus, I believe that You are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. *Amen.*

Reflection: *Am I fostering a love for the Eucharist within my own home? When I am unable to receive Communion, do I ask for the graces I would have received if I did?*

13. The Divine Mercy Chaplet

Opening prayer (Our Father bead)

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

■ Divine Mercy,
Eugeniusz Kazimirowski.

On the three Hail Mary beads

Our Father; Hail Mary; Apostles Creed

On the Our Father bead of each decade

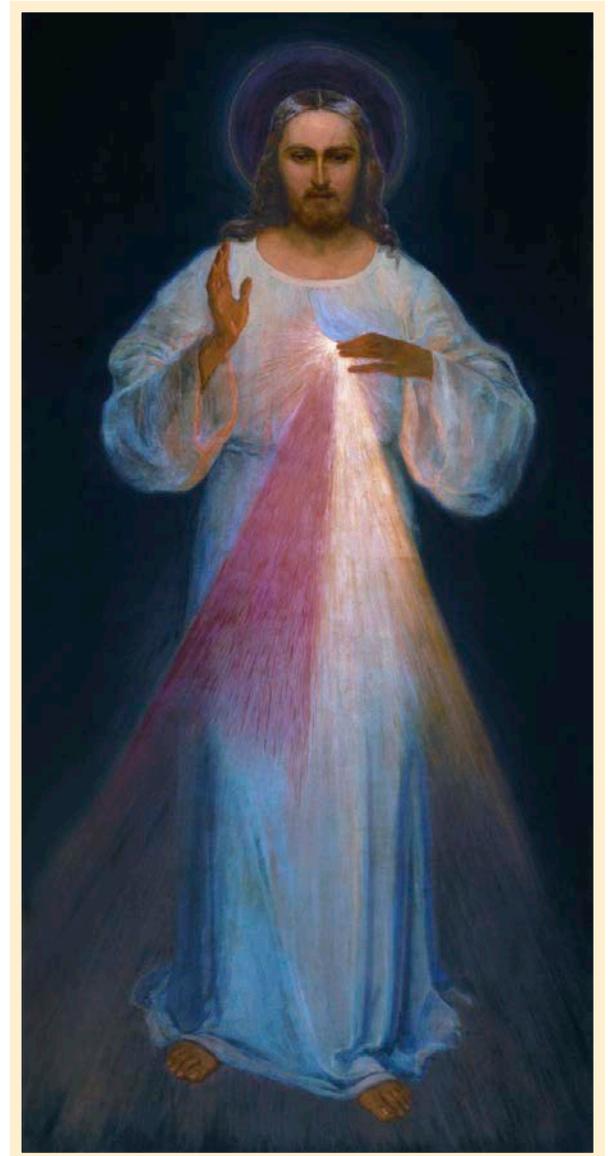
Eternal Father, I offer you the Body, Blood, Soul and Divinity, of Your dearly beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

On the Hail Mary beads

For the sake of His Sorrowful Passion, have mercy on us and on the whole world x10

At the end of the final decade

Holy God; Holy Mighty One; Holy Immortal One, have mercy on us and on the whole world x3



Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

When praying the Divine Mercy Novena, which happens officially between Good Friday and the Vigil of Divine Mercy Sunday (of course you can pray it at any time of the year for your chosen petition), the Church prays it for the following intentions:

DAY 1 (Good Friday)

All mankind, especially sinners

DAY 2 (Holy Saturday)

The souls of priests and religious

DAY 3 (Easter Sunday)

All devout and faithful souls

DAY 4 (Easter Monday)

Those who do not believe in Jesus & those who do not know Him

DAY 5 (Easter Tuesday)

The souls of schismatics and heretics

DAY 6 (Easter Wednesday)

The meek and humble souls and the souls of children

DAY 7 (Easter Thursday)

The souls who especially venerate and glorify Jesus' mercy

DAY 8 (Easter Friday)

The souls who are detained in purgatory

DAY 9 (Easter Saturday)

The souls who have become lukewarm

Reflection: *Do I ask Jesus each day to help me see my family through the eyes of his Divine Mercy?*

14. Family Rosary

"Pray the Rosary every day in honour of Our Lady of the Rosary to obtain peace in the world... for she alone can save it"

~ Our Lady to the children at Fatima, 1917.

'Would that every family pray the rosary every day'

~ Archbishop Anthony Fisher OP.

With each mystery of the rosary below is a special intention for the growth in holiness of your family. For a full guide on how to pray the rosary from scratch, visit www.familyrosary.org/how-to-pray-the-rosary

Joyful Mysteries

- **The Annunciation** – Humility:
Lord, show us how to pray as a family. Let us be beggars in Christ.
- **The Visitation** – Love of Neighbour: Lord, we are one in You. May our union be a symbol of Your love for Your Church.
- **The Nativity** – Detachment:
Guide us, Lord, as we cling to You. Let us find comfort in the fruits of Your spirit, not in material goods.
- **The Presentation** – Obedience:
Mold our hearts to yours, oh Lord. Through our submission to one another, and our children's submission to us, may we be submissive to You.

■ The Vision of Saint Dominic, Bernardo Cavallino.



- **The Finding of the Child Jesus in the Temple** – Piety: Lord, we dedicate our marriage and family to You. We commend our union to Your grace and Your Church.

Luminous Mysteries

- **The Baptism of the Lord** – Openness to the Holy Spirit: Lord, the health of our marriage and family depends on You. Open our hearts to the wisdom of Your Spirit.
- **The Wedding at Cana** – To Jesus Through Mary: You instructed the guests at Cana to do whatever he told them. Instill in us a desire to do his will.
- **The Proclamation of the Kingdom** – Repentance, Trust in God: Lord, turn the hearts of our family away from sin. Lead us to trust in you alone.
- **The Transfiguration** – Desire for Holiness: Bless this family with the desire for holiness. Let us long to be united with You through our union with one another.
- **The Institution of the Eucharist** – Love of our Eucharistic Lord: Let the foundation of our family be the Eucharist, O Lord. May we endeavor to find you in the Mass and frequent reception of the Sacraments.

Sorrowful Mysteries

- **The Agony in the Garden** – Contrition, Conformity to God's Will: Forgive us, O Lord, when we have strayed from your guidance. Let our hearts always long for what you want.
- **The Scourging at the Pillar** – Mortification: Sometimes we annoy or irritate one another. Let us offer these irritations to You, O Lord, rather than build up resentment or anger.
- **The Crowning of Thorns** – Moral Courage: Lord, we live in trying times. Grant us the courage to live our faith out loud, to preserve the sanctity of marriage and the family.

- **The Carrying of the Cross** – Patience: Lord, we are not always patient. May we develop the grace to wait for You, to desire all things in Your time.
- **The Crucifixion** – Self-Denial: Our union bears the fruit of total self gift. Help us to offer even the smallest tasks as a gift to each other, and You.

Glorious Mysteries

- **The Resurrection** – Faith: We do not often know what direction we should take, Lord. Strengthen our faith and our trust in You.
- **The Ascension** – Desire for Heaven: Lord, we desire union with You in heaven. May we lead each other to Your Sacred Heart.
- **The Descent of the Holy Spirit** – Wisdom: We are faced with many challenging decisions, Lord. Grant us wisdom, fortitude, and right judgment.
- **The Assumption** – Devotion to Mary: Strengthen our devotion to Mary, Your mother. Let us long to seek to model her perfect love.
- **The Coronation** – Eternal Happiness: Lord, we long to share to live with You in Paradise. Grant that our family union will bring us to union with You.

*Adapted from: www.notsformulaic.com/rosary-meditations-catholic-couples/

Reflection: *When Mary appeared in 1917 at Fatima, Portugal, she asked that we pray the rosary every day. Am I putting in my best effort to pray the rosary each day with my family?*

15. Stations of the Cross in the Family Home

“Cor Mariae perdolentis, miserere nobis! - Invoke the Heart of Holy Mary, with the purpose and determination of uniting yourself to her sorrow, in reparation for your sins and the sins of men of all times.

“And pray to her - for every soul - that her sorrow may increase in us our aversion from sin, and that we may be able to love the physical or moral contradictions of each day as a means of expiation.”

~ St Josemaría Escrivá

Use a crucifix as a visual reminder of Christ’s death

Introductory Prayer:

Merciful Jesus, my Master, I desire to follow you in fidelity and imitate you each day with more perfection. For this reason I beg you, that through the meditation of your Passion, I may receive the grace of understanding each day with more perfection, the mysteries of the spiritual life. Mary, Mother of Mercy, always faithful to Christ, guide me through the steps of the sorrowful passion of your Son and grant me the necessary graces so that this Way of the Cross may be fruitful in my heart.

Christ Carries His Cross,
Sebastiano del Piombo.



1st STATION – Jesus is Condemned to Death

Jesus to Saint Faustina: Do not be surprised that you are sometimes unjustly accused. I myself first drank this cup of undeserved suffering

for love of you. (289). When I was before Herod, I obtained a grace for you, that you would be able to rise above human scorn and follow faithfully in my footsteps. (1164).

Saint Faustina: Jesus, we are sensitive to words and quickly want to answer back, without taking any regard as to whether it's God's will that we should speak. A silent soul is strong: no adversities will harm it if it perseveres in silence. The silent soul is capable of attaining the closest union with God. (477).

Merciful Jesus, help me accept each human judgment, do not ever allow me to judge you when judging my neighbor.

2nd STATION: Jesus takes up His Cross

Jesus to Saint Faustina: Do not be afraid of suffering, I am with you, (151). The more you will come to love suffering, the purer your love for Me will be. (279).

Saint Faustina: Oh Jesus, I thank you for the little daily crosses, for opposition to my endeavors, for the hardships of communal life, for the misinterpretation of my intentions, for humiliations at the hands of others, for the harsh way in which we are treated, for false suspicions, for poor health and loss of strength, for self-denial, for dying to myself, for lack of recognition in everything, for the upsetting of all my plans. (343).

Merciful Jesus, teach me to appreciate the difficulties of life, sickness, each suffering, and with love take up my daily cross.

3rd STATION: Jesus Falls for the First Time

Jesus to Saint Faustina: Involuntary offenses of souls do not hinder My love for them or prevent Me from uniting Myself with them. But voluntary offenses obstruct my graces, and I cannot lavish My gifts on such souls. (1641).

Saint Faustina: Oh my Jesus, how prone I am to evil, and this forces me to be constantly vigilant. But I do not lose heart. I

trust God's grace, which abounds in the worst misery. (606).

Merciful Lord, keep me from any infidelity, even the smallest one.

4th STATION: Jesus meets His Mother

Jesus to Saint Faustina: Although all the work that comes into being by My will is exposed to great sufferings, consider whether any of them has been subject to greater difficulties than that work which is directly Mine – The work of Redemption. You should not worry too much about adversities. (1643).

Saint Faustina: I saw the Blessed Mother... she came close to me ... and said these words: Be courageous. Do not fear apparent obstacles, but fix your gaze upon the Passion of My Son, and in this way you will be victorious. (449).

Mary, Mother of Mercy, be always with me, especially in suffering, in the same way that you were present in your Son's way of the Cross.

5th STATION: Simon Cyrene helps Jesus carry the Cross

Jesus to Saint Faustina: I permit these adversities in order to increase his merit. I do not reward good results but the patience and hardship undergone for My sake. (86).

Saint Faustina: Oh, my Jesus, you do not give a reward for the successful performance of a work, but for the good will and the labor undertaken. Therefore, I am completely at peace, even if all my undertakings and efforts should be thwarted or should come to naught. If I do all that is in my power, the rest is not my business. (952).

Jesus, I pray that each thought, each word, each activity may be done only for love of you. Purify my intentions.

6th STATION: Veronica Wipes the Face of Jesus

Jesus to Saint Faustina: Know that whatever good you do for any soul, I accept it as if you had done it to Me. (1768).

Saint Faustina: I am learning how to be good from Jesus, from Him who is goodness itself, so that I might be called a daughter of the heavenly Father. (669). Great love can change small things into great ones, and it is only love which lends value to our actions. (303).

Lord Jesus. My Master, make my eyes, my hands, my mouth, my heart... merciful. Transform me into your mercy.

7th STATION: Jesus Falls for the Second Time

Jesus to Saint Faustina: The cause of your falls is that you rely too much upon yourself and too little on Me. (1488). You must know that on your own, you can do nothing. (639). You are not even capable of receiving my graces without my help. (738).

Saint Faustina: Jesus, do not leave me alone. You know, Lord, how weak I am. I am an abyss of wretchedness; I am nothingness itself; so what will be so strange if You leave me alone and I fall (1489). So You, Jesus, must stand by me constantly like a mother by a helpless child – and even more so. (264).

May I lean on your grace, Lord, so that I may not fall continuously on the same errors: and if I fall, help me rise and glorify your mercy.

8th STATION: Jesus Consoles the Women of Jerusalem

Jesus to Saint Faustina: Oh, how pleasing to Me is a living faith! (1420). I desire that you would all have more faith at the present time (352).

Saint Faustina: I fervently beg the Lord to strengthen my faith, so that in my drab, everyday life I will not be guided

by human dispositions, but by those of the spirit. Oh, how everything drags man towards the earth! But lively faith maintains the soul in the highest regions and assigns self-love its proper place, that is to say, the lowest one. (210).

Merciful Lord, thank you for Holy Baptism and the grace of faith. I call you again. Lord, I believe; increase my faith!

9th STATION: Jesus Falls for the Third Time

Jesus to Saint Faustina: Know that the greatest obstacles to holiness are discouragement and an exaggerated anxiety. This will deprive you of the ability to practice virtue. I am always willing to forgive you. Every time you ask for it, you glorify my mercy (1488).

Saint Faustina: Oh My Jesus, in spite of your graces. I see and feel all my misery. I begin my day with a battle and end it with a battle. As soon as I conquer one obstacle, ten more appear to take its place. But I am not worried, because I know that this is the time of struggle, not peace (606).

Merciful Lord, I give you everything that is my exclusive property, that is, sin and human frailty. I beg you, that my misery may be drowned in your unfathomable mercy.

10th STATION: Jesus is stripped of His Garments

Saint Faustina: Jesus was suddenly standing before me , stripped of His clothes, His body completely covered with wounds, His eyes flooded with tears and blood, His face disfigured and covered with spittle. The Lord then said to me: "The bride must resemble her Betrothed."

Saint Faustina: I understood these words to the very depth. There's no room for doubt here. My likeness to Jesus must be through suffering and humility (268).

Jesus, meek and humble of heart, transform my heart according to your heart.

11th STATION: Jesus is Nailed to the Cross

Jesus to Saint Faustina: My pupil, have great love for those who cause you suffering. Do good to those who hate you (1628).

Saint Faustina: Oh my Jesus, you know what efforts are needed to live sincerely and unaffectedly with those from whom our nature flees, or with those who, deliberately or not, have made us suffer. Humanly speaking, this is impossible. At some times more than others, I try to discover the Lord Jesus in such a person and for this same Jesus, I do everything for such a people. (compare 766).

Oh purest Love, reign in all your plenitude in my heart and allow me to love more than what human measure allows me to. (compare 328).

12th STATION: Jesus Dies on the Cross

Jesus to Saint Faustina: All this is for the salvation of souls. Reflect, my daughter, about what you do for their salvation (1184).

Saint Faustina: Then I saw the Lord Jesus nailed to the cross. When He had hung on it for a while, I saw a multitude of souls crucified like Him. The second multitude were not nailed to their crosses, but they were holding them firmly in their hands. The third were neither nailed to their crosses nor holding them firmly in their hands, but were dragging their crosses behind them and were discontent. Jesus then said to me:

Jesus: Do you see these souls? Those who are like Me in the pain and contempt they suffer will be like Me also in glory. And those who resemble Me less in pain and contempt will also bear less resemblance to Me in glory. (446).

Jesus, my Saviour, hide me in the depths of Your Heart so that nourished by Your grace, I may be able to be like You in the love for the cross and in the participation of Your glory.

13th STATION: Jesus is Laid in the Arms of His Mother

Jesus to Saint Faustina: Most dear to me is the soul that strongly believes in my goodness and has complete trust in me. I heap my confidence upon it, and give it all it asks (453).

Saint Faustina: I come to Your Mercy, compassionate God, only You are goodness itself. Although my misery is great, and my offences are many, I trust in Your mercy, because You are the God of mercy; and from time immemorial, it has never been heard of, nor do heaven or earth remember, that a soul trusting in Your mercy has been disappointed (1730).

Jesus, multiply in me each day the trust in Your mercy, so that always and everywhere I may be a witness of your goodness and infinite love.

14th STATION: Jesus is Laid in the Tomb

Jesus to Saint Faustina: You are not yet in your homeland; so go, fortified by My grace, and fight for My kingdom in human souls; fight as a king's child would; and remember that the days of your exile will pass quickly, and with them the possibility of earning merits for heaven. I expect from you a great number of souls who will glorify my mercy for all eternity (1489).

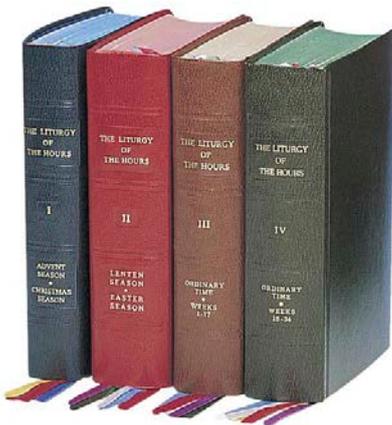
Saint Faustina: Every soul You have entrusted to me, Jesus, I will try to aid with prayer and sacrifice, so that your grace can work in them. Oh great Lover of souls, my Jesus, I thank you for this immense confidence with which You have deigned to place souls in our care. (245).

Merciful Lord, I beg you that not even one of the souls which you have entrusted to me, may be lost.

Prayer After the Way of the Cross:

My Jesus, my only hope, I am grateful for this great book you have opened before the eyes of my soul. This great book is your Passion you have confronted out of love for me. From this book I have learned how to love God and souls. Inexhaustible treasures are stored in it. Oh Jesus, how few souls understand you in your martyrdom of love. Happy the soul that has understood the love from the Heart of Jesus (304).

16. Liturgy of the Hours



The mystery of Christ, his Incarnation and Passover, which we celebrate in the Eucharist especially at the Sunday assembly, permeates and transfigures the time of each day, through the celebration of the Liturgy of the Hours, "the divine office." This celebration, faithful to the apostolic exhortations to "pray constantly," is "so devised that the whole course of the day and night is made holy by the praise of God." In this "public prayer of the Church," the faithful (clergy, religious, and lay people) exercise the royal priesthood of the baptized. Celebrated in "the form approved" by the Church, the Liturgy of the Hours "is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ himself together with his Body addresses to the Father. (Catechism of the Catholic Church 1174)

You and your family can dive straight into praying the Liturgy of the Hours using the [Universalis website](#) or [app](#).

If you're new to the Liturgy of the Hours, consider beginning with Compline, also known as Night Prayer, which will take you less than 5 minutes, includes a time to examine your conscience, and is a beautiful way to end your day peacefully.

Reflection: *Do I realise that I can unite my prayer with that of the entire Church through praying the Liturgy of the Hours?*

17. Lectio Divina using the Gospel of the Day

Lectio Divina is a form of prayer which invites us into a deeper encounter with the Lord through Scripture. It gives us the time to listen attentively to the Word, to be sensitive to its action on our hearts, and to reflect on what is being asked of us in our daily lives. Lectio Divina allows the Lord to penetrate our hearts and to fill them with his love. Ultimately, through this encounter we are invited into an ever-deeper relationship and union with Him.

The Archdiocese of Sydney is now publishing a **daily Lectio Divina** that you can pray alone or with your family each day.

Reflection: *Do I seek each day to apply the Gospel to my family life?*



■
A woman praying on
Candlemas Day,
Marianne Stokes.

Family Prayers

18. Blessing of the Family Home by Parents

While each Catholic family should prioritise inviting a priest to our homes to bless them with holy water, and according to the Roman Ritual, husbands and fathers in particular should also exercise their domestic priesthood in praying a blessing such as the below upon their homes on a regular basis. The sprinkling of holy water is encouraged here.

May God's blessing descend abundantly upon this house and upon all who dwell in it. May the grace of the Holy Spirit sanctify us all.

May The Name in which all is safe, the sweet and Most Holy Name of Jesus, grant happiness and blessing in full measure to this house, and everything within it.

May the Most Blessed Virgin Mother of God, Mary, with motherly concern, look after all, and preserve all from any bodily or spiritual evil.

May the powerful prayers of the worthy St. Joseph obtain a prosperous issue to our undertakings and abundant merit from all our sufferings.

May the holy guardian angels protect all in this house from persecutions of the devil, and one day lead us to our heavenly fatherland.

May the blessing of Almighty God, The + Father, The + Son and the + Holy Spirit descend upon us and remain with us always.

Reflection: *Do I realise that God has given me the authority to bestow blessings upon my family members?*

19. A Father's Blessing for his Children

"You may not be rich; you may be unable to bequeath any great possessions to your children; but one thing you can give them; the heritage of your blessing. And it is better to be blessed than to be rich."

~ St Ambrose



■ Christ with children,
Carl Heinrich Bloch.

Hey Dad, did you know you are the priest of your home? Our Lord ordained us men as heads of the Domestic Church, which is a miniature of the Universal Church. This joyful responsibility means you are prophet, priest, and king of your family. One way you can embrace your role as priest of your family is by blessing your children. This can be done each night before bed, once a week on Sunday, or whenever you want.

To bless your child, trace the sign of the cross on his or her forehead, and say the following:

"May almighty God, Father, Son, and Holy Spirit, bless you my child for time and eternity, and may this blessing remain forever with you."

Reflection: *That's it! It's very simple, and if you do it frequently, your children will come to love and expect this simple ritual. (Sam Guzman, The Catholic Gentleman)*

20. Prayers for Wives & Mothers

*"What I do must be done
Each day, in every season,
Like liturgy. I pray to Mary Magdalene, who kept seven demons,
One for each day of the week; how practical; how womanly."*

~ Kathleen Norris

O merciful Lord God, who in the beginning took Eve out of the side of Adam and gave her to him as a helpmate: grant me grace to live worthy of the honourable estate of matrimony to which You have called me, that I may love my husband with a pure and chaste love, acknowledging him as my head, and truly reverencing him in all good things; that thereby I may please him, and live with him in Christian serenity.

Keep me from all worldliness and vanity. Help me, O Lord, that I may, under my husband, prudently and discreetly guide and govern this household. Let no fault of mine aggravate any sins by which he may be especially tempted; enable me to soothe him in perplexity, to cheer him in difficulty, to refresh him in weariness, and, as far as may be, to advise him in doubt.

■
Visitation,
Acques Daret.

Give me understanding so to fulfil my part in the education of our children, that they may be our joy in this world and our glory in the next. Help me to rejoice in sharing in the vocation of Mary by being a virtuous and joy-filled mother.

This I pray through Jesus Christ Our Lord. *Amen*

Reflection: *How can I express my feminine genius more within my family home?*



21. Prayer for Husbands & Fathers

"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." (Eph 6:4) The father's role in the family is as the priest - to lead his family towards eternal life. This prayer helps to frame this duty, with St. Joseph as the model of fatherhood.

Heavenly Father, I thank You for the gift of my family, for whom I now pray and upon whom I now ask You to shower Your blessings. With Saint Joseph as my guide, may I always be ready to spend my life for them.

Bless my wife whom You have given to me as my spouse, sharing in your wondrous work of creation. May I see her as my equal and treat her with the love of Christ for his Church. May Mary be her guide and help her to find your peace and Your grace.

Bless my children with your life and presence. May the example of your Son be the foundation upon which their lives are built, that the Gospel may always be their hope and support.

I ask You, Father, to protect and bless my family. Watch over it so that in the strength of your love its members may enjoy

prosperity, possess the gift of your peace and, as the Church alive in this home, always bear witness to your glory in the world. *Amen.*

Reflection: *Do I pray with my family each day? Do I take my role as the priest of the Domestic Church seriously?*

■
Dream of St Joseph,
Gerard Seghers.



Prayer for Children

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these". As parents it is our job to facilitate the approach of our children to Our Lord, Jesus.

■ Depiction of Eli and Samuel, John Singleton Copley.



Almighty God,
you gave us the
commandment to
honour our father
and mother. In your
loving kindness hear
my prayer for my
parents. Give them
long lives and keep
them well in body
and spirit. Bless
their works; keep
them always in your
care. Bless them
generously for their
loving care for me.
Grant that, through
Your grace, I may
always support and
comfort them, and
that, after our life
together on earth, we
may experience the
joy together praising
You forever.

Reflection: *Do I pray with my children each day? Do I talk about Jesus and how he works in all of our lives each day?*

22. Prayers for Parents

As parents God has entrusted us with the responsibility of doing everything we can to foster a love of Jesus Christ and His Church in each of our children. Therefore it is imperative that we pray for our children daily.

#1

Grant us, O Lord Jesus, to imitate faithfully the example of your Holy Family and to make our home another Nazareth. May peace, love and happiness prevail. Grant us the grace to be the parents we should be for our children. Grant that our child may find solid support for their human dignity and for their growth in truth and love within the embrace of our home. When the time comes for each of us to go to the everlasting home you have prepared for us, may your glorious Mother and St Joseph take us to you, after the final grace of a happy death. *Amen*

#2

O God, the Father of mankind, who has given me these children, and committed them to my charge to bring them up for You, and to prepare them for eternal life: help me with



The Finding of the Saviour
in the Temple,
William Holman Hunt.

Your heavenly grace, that I may be able to fulfil this most sacred duty and stewardship. Teach me both what to give and what to withhold; when to reprove and when to forbear; make me gentle, yet firm; considerate and watchful; and deliver me equally from the weakness of indulgence, and the excess of severity; and grant that, both by word and example, I may be careful to lead them in the ways of wisdom and true piety, so that at last I may, with them, be admitted to the unspeakable joys of our true home in heaven, in the company of the blessed Angels and Saints. *Amen.*

#3

O Heavenly Father, I commend my children to Your care. Be their God and Father; and mercifully supply whatever is lacking in me through frailty or negligence. Strengthen them to overcome the corruptions of the world, whether from within or without; and deliver them from the secret snares of the enemy. Pour Your grace into their hearts, and strengthen and multiply in them the gifts of Your Holy Spirit, that they may daily grow in grace and in knowledge of our Lord Jesus Christ; and so, faithfully serving You here, may come to rejoice in Your presence hereafter. *Amen.*

Reflection: When I pray for my children, am I truly surrendering them to Our Blessed Mother and Our Father in Heaven?

23. Prayers for Spouses

As husband and wife, God has placed spouses together to give their lives in love for each other. Praying for, and with each other, is an important aspect of married life. In order for marriage to be fruitful, spouses must remain close to the Author of Life: Jesus Christ.

O Holy Spirit, eternal bond of unity in the adorable Trinity, who has made us one in the mystical grace of matrimony,



■ The Wedding Night of Tobias and Sarah, Jan Steen.

grant that we may be also inwardly of one heart and of one mind; paying due honour to each other; living together in peace and holiness; being a mutual help and support to each other until it pleases you to part us in death. Cast your bright light across

our path through life, that we may recognise the will of God and cheerfully regulate our lives by it. If such be your holy will, give us health of body and sufficient of the things of this world to make life cheerful; yet not our will but yours be done. Enable us so to go through this life that we may enjoy a happy eternity together hereafter. *Amen.*

Reflection: *Do I pray with my spouse often? Do I make prayer and the Sacraments a real priority in my marriage and family life?*

Special Prayers in times of Emergency

24. Litany of Supplication

This litany was prayed by Pope Francis during his extraordinary Urbi et Orbi Blessing on the 27th of March, 2020

We Adore You, O Lord

True God and true man, truly present in this Holy Sacrament,

We adore you, O Lord.

Our Savior, God-with-us, faithful and rich in mercy,

We adore you, O Lord.

King and Lord of creation and history,

We adore you, O Lord.

Conqueror of sin and death,

We adore you, O Lord.

Friend of humankind, risen and living at the right hand of the Father,

We adore you, O Lord.

WE BELIEVE IN YOU, O LORD

Only begotten Son of the Father, who descended from Heaven for our salvation,

We believe in you, O Lord.

Heavenly doctor, who inclines over our misery,

We believe in you, O Lord.

Sacrificed Lamb, who offers himself to save us from evil,

We believe in you, O Lord.

Good Shepherd, who gives his life for the flock he loves,

We believe in you, O Lord.

Living bread and medicine of immortality, who gives us Life eternal,

We believe in you, O Lord.

FREE US, O LORD

From the power of Satan and the seductions of the world,

Free us, O Lord.

From pride and from the presumption that we can do without you,

Free us, O Lord.

From the deceptions of fear and anguish,

Free us, O Lord.

From unbelief and despair,

Free us, O Lord.

From hardness of heart and the incapacity to love,

Free us, O Lord.

SAVE US, O LORD

From all the evils that afflict humanity,

Save us, O Lord.

From hunger, famine and egoism,

Save us, O Lord.

From disease, epidemics and fear of our brothers and sisters,

Save us, O Lord.

From devastating folly, from merciless interests and from violence,

Save us, O Lord.

From deception, misinformation and manipulation of consciences,

Save us, O Lord.

CONSOLE US, O LORD

Look upon your Church, which is crossing the desert,

Console us, O Lord.

Look upon humanity, terrified by fear and anguish,

Console us, O Lord.

Look upon the sick and dying, oppressed by loneliness,

Console us, O Lord.

Look upon doctors and health care workers, overwhelmed by fatigue,

Console us, O Lord.

Look upon politicians and administrators, who bear the weight of decisions,

Console us, O Lord.

GIVE US YOUR SPIRIT, O LORD

In the hour of trial and confusion,

Give us your Spirit, O Lord.

In temptation and in weakness,

Give us your Spirit, O Lord.

In the battle against evil and sin,

Give us your Spirit, O Lord.

In the search for true good and true joy,

Give us your Spirit, O Lord.

In the decision to remain in You and in Your friendship,

Give us your Spirit, O Lord.

OPEN US TO HOPE, O LORD

If sin oppresses us,

Open us to hope, O Lord.

If hate closes our hearts,

Open us to hope, O Lord.

If suffering visits us,

Open us to hope, O Lord.

If indifference distresses us,

Open us to hope, O Lord.

If death annihilates us,

Open us to hope, O Lord.

Reflection: Am I opening myself to the Holy Spirit, His freedom and His Salvation each day?

25. The emergency, 'flying' novena recommended by St Teresa of Calcutta

In an emergency, or when you do not have the time to pray a nine-day novena, pray the Memorare nine times for your intention, followed by a tenth time in thanksgiving for your prayer being answered:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired by this confidence I fly unto you, O Virgin of virgins, my Mother. To you do I come; before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer them.

Reflection: *In times of emergency do I turn inward and allow myself to be consumed by worry, or do I give myself over to the care of my Blessed Mother?*

26. Prayer to St Corona

Early hagiography tells us that 16-year-old Corona witnessed the martyrdom of St Victor, a soldier who was executed by his brothers-in-arms for his faith. While Victor was being tortured and disfigured, Corona cried out comforting words and encouragement as Victor held fast to his faith and gave up his life for the Lord. Victor's persecutors soon turned on Corona and executed her by tying her to drawn palm trees, which ripped her in half when snapped upright, yet the young Saint never gave up her faith.

Lord Jesus Christ,
You came into this world
for our salvation.
Look kindly on us now, we pray,
that we, and all those who serve You,
might be kept safe from this epidemic.
Heal those who are sick,
comfort the suffering, bring back
those who have gone astray, and
above all, increase our faith, O Lord.
Give us the grace to follow You and,
like the martyr St Corona, who gave
her life for love of You, to take up our
crosses daily without fear or hesitation.
Lord Jesus Christ, Son of the
living God, have mercy on us and
on the whole world.
St Corona, patroness of
epidemic victims, pray for us.

■
St Corona,
the Master of the Palazzo
Venezia Madonna.



Reflection: *The providence of God would have it that there is a saint that shares the name of the current pandemic by which we are plagued and is a patroness against epidemics! Am I taking advantage of the gift of St Corona and calling upon the intercession of St Corona daily?*

27. Prayer to St Raphael for Healing

St Raphael the Archangel was responsible for the healing of Tobit's blindness and the exorcism of Sarah in the Old Testament book of Tobit. He also appeared to St John of God, who founded the hospital order that bears his name

■
St. Raphael the Archangel
with Bishop Domonte,
Pushkin Museum.



O kindly Saint Raphael the Archangel, I invoke you as the patron of those who have been struck by disease or bodily infirmity.

You have prepared the remedy that healed Tobit's blindness and your name means "The Lord Heals."

I turn to you, begging your divine assistance in my present need:

(Add your intentions)

If it be of God's will, cure this illness, or at least grant the grace and strength necessary to endure it patiently, offering it for the forgiveness of sins and for the salvation of souls.

Teach us to unite our sufferings with those of Jesus and Mary and to seek the grace of God in prayer and communion.

St Raphael, we want to imitate you in your eagerness to do God's will in all things.

Like young Tobias, we choose you as our companion on our journey through this valley of tears. We want to follow your inspirations every step of the way, so that I can reach the end of my journey under your constant protection and in the grace of God.

Archangel Saint Raphael, you revealed yourself as the divine assistant of the Throne of God, come into my life and help me in this moment of trial.

Grant me the grace and blessing of God and the favor I ask of you for your powerful intercession.

Great Physician of God heal me as thou didst with Tobias, if this be the will of the Creator.

Saint Raphael, Resource of God, Angel of Health, Medicine of God, pray for me. *Amen.*

Reflection: *Do I entrust the health of my family to St Raphael the Archangel?*

28. Spiritual Adoption of the Dying using the Divine Mercy Chaplet

Irish Priest Fr Philip Kemmy has invited all of the faithful to pray the Divine Mercy Chaplet each day at 3 pm with the specific intention to pray for the souls of those dying in isolation from COVID-19.

Inspired by a scene in the Diary of St Faustina, where she was spiritually transported by the Lord in order to pray the Chaplet of Divine Mercy at the bedside of a dying man she did not know, I would like to suggest that we would each commit to praying the Divine Mercy Chaplet each day for the days ahead to spiritually place ourselves beside one of the poor unfortunate men and women who are dying alone in hospitals all over the world because of this virus,



■
Death of the Virgin,
Caravaggio.

some of whom are perhaps not well prepared spiritually for their earthly end. If families were to pray it then several dying persons would be spiritually adopted with the one prayer of the Chaplet.

Praying the Chaplet for the dying, we will petition Jesus to enfold them in his Merciful Love in their final hours and grant them a strong experience of his consoling presence before they take their leave of this life. This would be a great act of mercy and love for those who are victims of this virus and who are approaching their end.

Please consider taking part in this project. There is no need to sign up

to anything. It is a simple movement which, please God, will bear enormous fruit for the souls for whom we pray. I would appreciate it if you were to pass this on to others you know who might be willing to take up this spiritual work of mercy. In the final weeks of Lent it would be a good spiritual practice to incorporate into our prayer routine.

Yours in the Hearts of Jesus and Mary,

~ Fr Philip

29. Prayer in time of Epidemics

In the Old Testament, we find many accounts of the Israelites calling upon God's mercy in times of great distress. This prayer in time of epidemics calls upon God's mercy so that we may be delivered from our current virus and rejoice in Our Lord's blessings.

Deal not with us, Lord, according to our sins.
And take not vengeance on us because of our misdeeds.
Help us, O God, our Deliverer
And for your name's sake, O Lord,
free us.
Remember not, O Lord, our sins of
old.
Hasten to us with your compassion,
for we are now exceedingly poor.

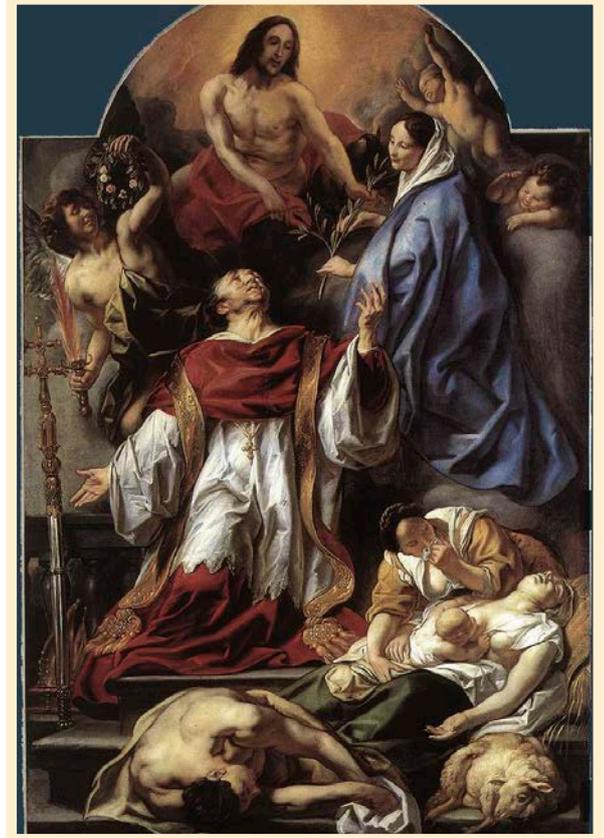
V: St Sebastian, pray for us,

R: That we may be made worthy of
the promises of Christ.

O Lord, hear my prayer, and let
my cry come unto you.

V: The Lord be with you.

R: And with your spirit



■ Charles Borromeo intercedes during the plague, Jacob Jordaens.

Let us pray

Vouchsafe to hear us, O God, our only salvation! And through the intercession of the glorious and blessed Mary, Mother of God and ever Virgin, of your blessed martyr, Sebastian and of all the saints, deliver your people from the terrors of your wrath, and restore their confidence by the outpouring of your compassion. Be moved to pity, O Lord, at our earnest entreaties, and heal the illnesses of body and soul; so that experiencing your forgiveness we may ever rejoice in your blessing.

We beseech you, O Lord, grant us a hearing as we devoutly raise our petitions to you, and graciously turn away the epidemic of plague which afflicts us; so that mortal hearts

may recognise that these scourges proceed from your indignation and cease only when you are moved to mercy.

Through Our Lord, Jesus Christ who lives and reigns with You and the Holy Spirit, One God, forever and ever. *Amen.*

Reflection: Am I calling upon Our Lord Jesus and His Saints to ask that He liberate the world from COVID-19?

30. Pope Francis' prayer for COVID-19

Being able to pray with the Holy Father is a profoundly beautiful way of expressing our unity with our brothers and sisters in the Church. We are called to "be one", as the Trinity is One (John 17:11); when unable to be together as a community, this is a great way to express our unity in the Church.

Heavenly Father, we thank you for the gift of good health and peace that we have enjoyed for so many years. As we find ourselves in this time of crisis today, we ask for your divine intervention and mercy to be upon each of us.

Come and guide the minds of those working to discover a treatment to the COVID-19 virus. Grant them wisdom, knowledge, and clarity of mind, so that all peoples will be free from the threat of this ailment.

We also pray for the healthcare workers that are standing in the front line of this battle. Father, we thank you for their hearts of service, putting the needs of society before their own, generously responding to the cry of Your people. We ask that You will grant them strength and protection. As they give of themselves in selfless service, may You fill them with your Holy Spirit as they work to be Your healing hands and feet!

Father, we also surrender to You all those who have been afflicted with the virus. Grant them Your healing grace, merciful

Father, so that they may recover swiftly and continue to be witnesses of Your love in their lives.

Mother Mary, we ask for your intercession in this great time of need. Cover each of us with your blue mantle of protection, so that we may be preserved in good health to continue to glorify your son, Jesus Christ. We make this prayer through Christ, our Saviour and Redeemer. *Amen.*

Reflection: *Am I aware of my connection to the Pope and my brothers and sisters in Christ? Do I pray for them often?*

Creating a Catholic Culture in the Family Home

31. Mary Garden

■
Madonna on Floral Wreath,
Peter Paul Rubens and
Jan Brueghel the Elder.



A Mary Garden is a sacred garden used for veneration of the Blessed Virgin. Larger Mary Gardens house a shrine to the Blessed Mother, however, household gardens can just have a statue. The Rosary derives its name from the Latin, 'rosarium', or 'rose garden.' A Mary Garden is a physical reminder of the roses we give Our Mother when we pray the rosary.

Reflection: *Do I have a Mary Garden? Do I show affection towards my Heavenly Mother through small deeds throughout the day?*

■
Church of Saints Saint
Cajetan and Maximilian,
Salzburg, Austria.
Photo: Andreas Praefcke

32. Holy Water Font

Holy water serves to remind us of our Baptism and our baptismal promises. Just like a holy water font in church, having one in the home can be a constant reminder of those promises. Parents may also use holy water to bless the home and their children.

Conditions for COVID - Whilst the Church and the world suffers from this plight, there are ways to distribute holy water without sharing a mutual font.



- Using a bottle to sprinkle on yourself and others.
- Parents using holy water to bless their children.

Reflection: *Do I have holy water in my home? Am I aware of my baptismal promises and the duties I have as a Christian?*

33. Google Calendar of our Family's departed Family and Friends

As Catholics, we believe that the saints in Heaven and the suffering in Purgatory are members of the Church; the Communion of Saints. For a Christian, life is changed, not ended: we have a solemn duty to pray for the deceased, that they may soon come to enjoy God's presence; even more so for our own family members and friends!

This small exercise simply requires adding to a calendar the days family members or friends passed away, to commemorate their heavenly birthday. This way, family members who God calls to himself don't cease being a part of the family; rather, we assure them of our prayers.

Reflection: *Do I pray for my deceased family members often? Do I acknowledge the Communion of Saints in my daily life?*



■ Purgatory,
Peter Paul Rubens.

34. Saint of the Day

Saints are an important part of the Church's life. The entire year is filled with various memorials, feast days, and solemnities. One way the family can delve deeper into the Church's life is to join her in commemorating her saints.

Reflection: *Do I commemorate saint's days in my family? Do I do anything special for solemnities? Do I realise that this is a way of expressing unity between the Church and my own Domestic Church?*

35. Saint Quote of the Day

The saints have feast days scattered all throughout the year and many of them wrote and said profound things that can help us in our own interior lives. By using a small whiteboard and a marker, the whole family can take it in turns by choosing a quote said by the saint of the day! Not only does the family join the Church in celebrating the saints but also learn more about the spiritual life through select quotes passed on to us by the saints.



Assumption of the Virgin,
Francesco Botticini.

Reflection: Do I reflect often on the wisdom the saints have given us? Do I share that wisdom with my family with joy?

36. Flowers for Our Lady and Saints of the Day

Flowers are a way of joyfully expressing our love for someone. We find our churches filled with an abundance of flowers on Sundays and holy days. Likewise, in the home, flowers can be placed in front of a statue of Our Lady or an image of a saint in a dedicated prayer space. In this way, we're able to show our love for Mary and the saints through physical acts of kindness in addition to prayer.

Reflection: Do I see opportunities to show affection to Our Lady and the saints throughout the day? What acts of love do I do for them?

37. Making a Family Patron Saints Collage



■ The Church Militant and the Church Triumphant, Andrea da Firenze.

Each person has a patron saint. These saints especially intercede for us and our families when we need it most. Setting up a collage of our patron saints helps everyone in the family to know who to turn to in times of need. Everyone in the family gets to be acquainted with each other's patron saints! It's a good exercise for the children to learn more about the saints.

Reflection: *Do I know my family's patron saints? Do I ask for their intercession often?*

38. The importance of Real Candles

Lighting a candle (preferably blessed) in front of a crucifix or holy image can assist our prayer in many ways. While the great Easter/Paschal candle represents Christ, smaller candles - like those in the home - represent each of us as we strive to be like Christ in our lives. We are reminded that we are to shine in the darkneses, and witness to the world that Jesus conquered death and sin. Unlike a battery-powered candle, the wax candle burning its life out signifies our lives of prayer and sacrifice given to Christ. It also reminds us that, just as a flame can be shared to light the wick of another candle without diminishing its own, we are called to share our faith so that the Light of Christ may reach the ends of the earth.

Traditionally, candles that are used for liturgy must be made of beeswax. The supposed virginity of bees is the most appropriate way

■
Annunciation,
Federico Barocci.



of representing the flesh of Christ, born of a virgin Mother. The wick symbolises the soul of Christ, and the flame which absorbs and dominates them both symbolises the divinity of Jesus. The beautiful hymn called the Exsultet, which is sung every year at the Easter vigil, speaks of the 'work of bees' in reference to the Easter Candle.

Reflection: *Each time you light a candle during prayer, take a moment to consider how you might be the 'light of Christ' to others in your day.*

39. Catholic Home Reconnaissance - Does my home look Catholic?

Jesus says, "I come that they may have life, and have it to the full." (John 10:10) As Christians, it is important that we are able to live our lives immersed in Christ, who is the Way, the Truth, and the Life (John 14:6). Our homes are where we come to eat, rest and spend time with our families. It is imperative, then, that our homes are filled with reminders of the beauty of Christ and His Church.

Reflection: *Do I have a crucifix, or religious image, in each room in my home? Is it important to me that when people visit they know my family is Catholic simply by what my home looks like?*

40. Making Palm Crosses

Each year at the beginning of Holy Week, we celebrate Passion Sunday, which is also known as Palm Sunday. After a special 'rite' of blessing of palms in front of the church, the branches are then given to the faithful who process inside waving their branches in the air with singing and shouts of 'Hosanna!' This is done in memory of Jesus' entry into Jerusalem prior to his

■
Palm Sunday procession,
Moscow, with Tsar Alexei
Michaelovich,
Vyacheslav Schwarz.



Passion and Death: "So they took branches of palm trees and went out to meet him, crying, "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!" "(Jn 12:13) One week later, their cry was changed to "Crucify him!"

We can bring these palms home with us and keep them throughout the year. They can be used as a reminder of how quickly we can forget that Jesus is our King, and neglect to honour him as we should. These palm branches can be folded into a cross, and placed around the house: over the front door, on a little altar, as a bookmark for our Bible. When it is not possible to obtain a blessed palm from church, any palm branch or strip of paper will do!

Follow these simple steps for [Making Palm Crosses at Home for Palm Sunday](#). The kids will love it!

Reflection: *Do I remember that Jesus is my King and allow him to rule my life?*

41. Making Rosary Beads at Home

The mysteries of the Holy Rosary serve as a window into the lives of Our Lord and Our Lady. Making your own Rosary beads at home encourages a devotion to the Rosary in your family and invites Our Lord and Our Lady into your lives.

See a video on how to make your own rosary [here](#).

Reflection: *Do I see making Rosary beads as an opportunity to help sanctify my home by fostering a love for Our Lady? What space have I made for Mary in my life and in my home?*

42. Making St Therese 'Little Way' beads

As Christians, we are called to live a life of love and service for God and others. St Therese 'Little Way', or Sacrifice, beads are a way of keeping track of the acts of love done for others during the day. When done in a child-like spirit of devotion, they can be a great way of living a spirit of sacrifice for others.

A good visual instruction guide to make these beads can be found [here](#).

Reflection: *Am I living with a spirit of penance, offering small sacrifices to Our Lord out of love?*



■ Detail of St. Therese of the Child Jesus in the photograph taken in the courtyard of the monastery of Lisieux Easter Monday, April 15, 1894.

43. Set up a dedicated Prayer space in the Home

While it is important to spend time in prayer inside a church, which is God's House, it is also expedient to have a prayer space in our homes, where the domestic church resides. Ideally, this will be a daily practice, where we commit to a certain time to give God every day. This can be done alone, or with the other

members of the household. Creating a prayer space can assist us in being able to focus our attention on God during our prayer, and can also be a reminder to us throughout our day that we need to be faithful to our time with Jesus.

1. Choose the right place

Find a place in your home where you will be able to visit each day and spend time in prayer. This can be a little altar in your bedroom or a corner in your living room - as long as it is somewhere that you can set up permanently and that you will be able to pray without distraction.

2. Make your prayer space beautiful

Put in place a crucifix, a statue or a holy image so that you will be able to focus easily on God. It is also helpful to have a candle and perhaps some flowers. Don't forget your Bible! It can be very simple, or you can invite all your favourite saints to come along!

Reflection: *Have I set aside a place in my home where I and my family can focus on God alone?*

Family Consecrations

44. Consecration of the family to the Sacred Heart of Jesus



Devotion to the Sacred Heart of Jesus is given to us by St Margaret Mary Alacoque (1647-1690), a French nun and mystic, to remind us of the immense and infinite love that Jesus has for each one of us, which radiates out of his Divine and Human Heart. This prayer of consecration of the family 'sets us apart' for the love of God, giving us his protection and helping us to turn away from sin.

Sacred Heart of Jesus, You made clear to Saint Margaret Mary Your desire of being King in Christian families. We today wish to proclaim Your most complete kingly dominion

over our own family. We want to live in the future with Your life. We want to cause to flourish in our midst those virtues to which You have promised peace here below. We want to banish far from us the spirit of the world which You have cursed. You shall be King over our minds in the simplicity of our faith, and over our hearts by the wholehearted love with which they shall burn for You, the flame of which we will keep alive by the frequent reception of Your divine Eucharist. Be so kind, O divine Heart, as to preside over our assemblies, to bless our enterprises, both spiritual and temporal, to dispel our cares, to sanctify our joys, and to alleviate our sufferings.

■ Sacred Heart of Jesus,
Batoni.

If ever one or other of us should have the misfortune to afflict You, remind him, O Heart of Jesus, that You are good and merciful to the penitent sinner. And when the hour of separation strikes, when death shall come to cast mourning into our midst, we will all, both those who go and those who stay, be submissive to Your eternal decrees. We shall console ourselves with the thought that a day will come when the entire family, reunited in heaven, can sing forever Your glories and Your mercies. May the Immaculate Heart of Mary and the glorious patriarch Saint Joseph present this consecration to You, and keep it in our minds all the days of our life. All glory to the Heart of Jesus, our King and our Father!

Reflection: *How might I put into practice my own or my family's devotion to the Sacred Heart of Jesus in our home?*

45. Consecration to the Immaculate Heart of Mary

"In God's providence, Mary is the chosen mediatrix of grace, from her Divine Son to us. Correspondingly, we are to entrust ourselves to her maternal care. Another name for this entrustment is consecration."

~ Pope St John Paul II

Oh Mother Most Pure
we come to you as a family
and consecrate ourselves to your most Immaculate Heart.
We come to you as a family
and place our trust in your powerful intercession.
Oh Dearest Mother Mary
teach us as a mother teaches her children
for our souls are soiled
and our prayers are weak
because of our sinful hearts.
Here we are Dearest Mother

ready to respond to you
 and follow your way
 for your way leads us
 to the heart of your Son, Jesus.
 We are ready to be cleansed and purified.
 Come then Virgin Most Pure
 and embrace us with your motherly mantle.
 Make our hearts whiter than snow
 and as pure as a spring of fresh water.
 Teach us to pray
 so that our prayers may become more beautiful
 than the singing of the birds at the break of dawn.
 Dear Mother Mary
 we entrust to Your Immaculate Heart of hearts
 our family and our entire future.
 Lead us all to our homeland which is Heaven.
Amen.

■
 The Heart of Mary,
 Leopold Kupelwieser.



Immaculate Heart of Mary, pray for us.

Reflection: *Am I prepared to offer my whole life to Mary as my Spiritual Mother each day?*

46. Consecration to the Holy Family

God offers his graces through the Holy Family of Nazareth to encourage devotion and reflection on their lives. We are challenged to make their way of life, our way of life. They are a source of virtue, they enlighten our minds, and they show us how to love through sacrifice. Let us respond to the love they have shown us.

~ Missionaries of the Holy Family

O Jesus, our most loving Redeemer, who having come to enlighten the world with Your Teaching and example, willed to pass the greater part of Your life in humility and subjection to Mary and Joseph in the poor home of Nazareth, thus

■ Holy Family with bird,
Bartolomé Esteban Murillo.



sanctifying the Family that was to be an example for all Christian families, graciously receive our family as it dedicates and consecrates itself to You this day. Protect us, guard us and establish among us Your holy fear, true peace and concord in Christian love: in order that by living according to the divine pattern of Your family we may be able, all of us without exception, to attain eternal happiness.

Mary, dear Mother of Jesus and Mother of us, by the kindly intercession make this our humble offering acceptable in the sight of Jesus, and obtain for us his graces and blessings.

O Saint Joseph, most holy Guardian of Jesus and Mary, help us by your prayers in all our spiritual and temporal needs; that so we may be enabled to praise our divine Saviour Jesus, together with Mary and you, for all eternity.

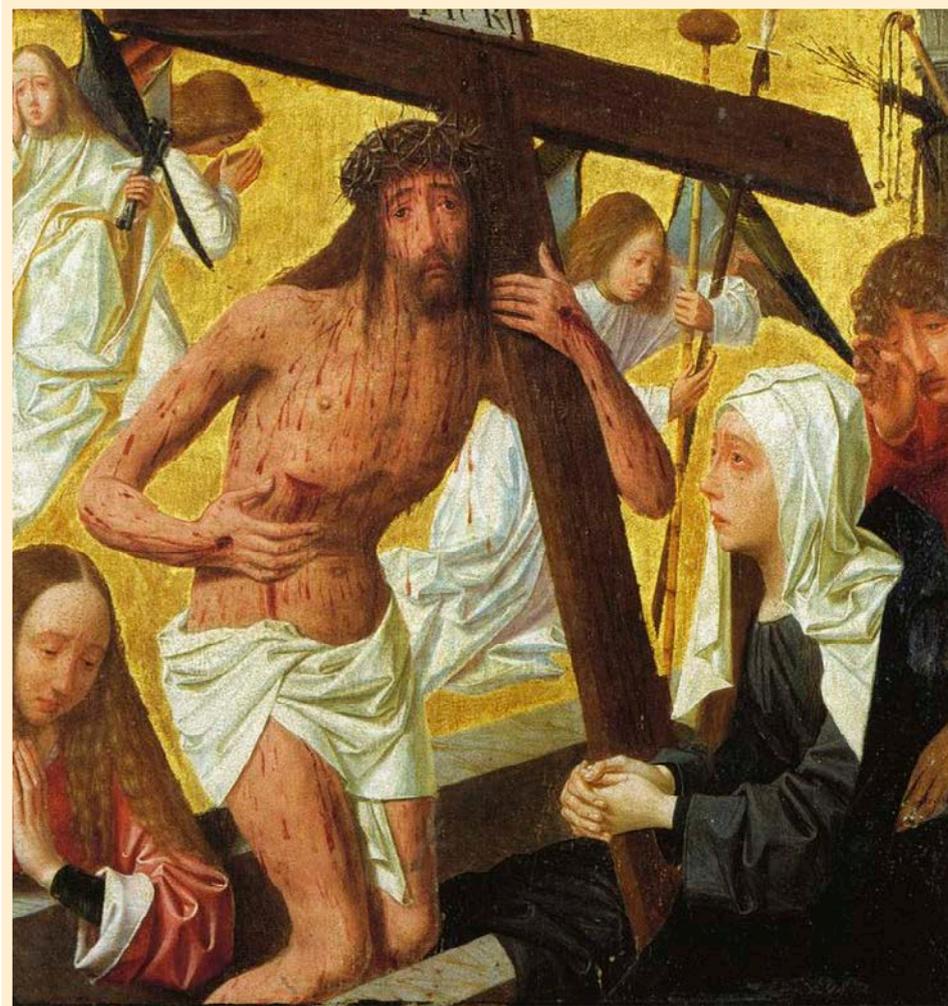
Our Father, Hail Mary and Glory be x3

Reflection: *What practices can I begin incorporating into my family life so that we imitate the Holy Family more closely?*

47. Dedication of a Family to the Precious Blood

Through His Sacrifice on the cross, Christ poured out His Blood for us. "The Divine Miser had hoarded up a few precious drops of His Blood to pour forth after He gave up His spirit, to show that His love was stronger than death." (Fulton Sheen, Life of Christ)
By dedicating our families to His Blood, we are able to unite our hearts to His that they may beat as one.

Permit us, O Jesus
to dedicate to you each member of our family.
Accept each one of us
and may every beat of our hearts



■
Man of Sorrows,
Geertgen tot Sint Jans.

be an act of love for you.
By the power of your Blood
may we be strengthened
and sustained in our daily difficulties.
May we be a sign, to each other
and to all with whom we come in contact
of your life in us.

Bless our home, dear Jesus
Bless our joys and sufferings
Bless every moment of our lives
and especially the moment of our death.
After living for the glory of your Blood on earth
may we have the joy of praising you eternally in heaven.
Amen.

Reflection: *Do I find consolation knowing that Christ held nothing back on the cross for me? Does this affect how I interact with others, especially my family?*

Online Resources

CathFamily.org

Featuring blogs, online and print, CathFamily is an innovative resource library for raising children in the faith.



EWTN TV

The Eternal Word Television Network updates its website and YouTube channel several times a day with premium programming in Catholic formation and prayer. You can also stream the channel live via its website 24-7!



Shalom TV

Run by an international community of Catholics, Shalom, streams Catholic content for the whole family, 24-7.



Formed

Often described as "Catholic Netflix", Formed is a great way to learn more about the faith and pursue ongoing formation in the digital age. Designed for all Catholics, it can be used by parents to keep the Catholic instruction of their children fresh while unable to go to church.





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