



Home Rituals — Ideas for your family

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St. Ignatius Loyola Parish

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Introducing Rituals into your Home.

- Options for prayer.
- Talk about your experiences of prayer before bed throughout the years.
- Special occasions often had special prayers. Share some of those occasions and prayers.

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& Rituals

Home Rituals: Morning & Bedtime Prayers

I'm willing to bet that you already have specific rituals for going to bed. You may be able to "piggy back" on the routines of a bed-time story or tooth brushing.

Morning: Since many children (and adults) find it hard starting in the morning, it may be better to have something (or someone else) do the waking and praying. A pre-recorded song that repeats may be the answer. (A sample might be "The Sun Will Rise" by The Brilliance <https://youtu.be/JtdMt-lw4VE>. Hillsong Kids has a variety of Christian songs, or maybe an old standard like "I've got joy, joy, joy" <https://youtu.be/Z29h7HUcJus> or "Make a Joyful Noise"

<https://youtu.be/k680iRyWdyg>. Then again, you may want to pick this song together with your children by searching youtube or even OCP.) The thing is, kids remember songs better than plain text. We taught my younger sister her phone number by making it into a song.

For those children with separation anxiety, it might be helpful to teach a story or prayer about one's guardian angel.

Don't know if you've ever met Tomkin, the Catholic Cowboy, who can help you teach these prayers. <https://youtu.be/ptZyX6yelvE>. Then again, do not be afraid to put together

your own version of the prayer if certain phrases don't quite make sense at your child's age.



What songs might be age appropriate for your child? Remember, they don't have to sing it, but we want it to be meaningful to them.

Bedtime Prayers & Rituals:

Stories from the Bible or stories of Saints could replace a bedtime story. However, I would tend to shy away from the gruesome or fearful. There is a website of children's bible stories <https://bibleforchildren.org/languages/english/home.php> with picture

books or audio that you can download. And, as expected, Amazon has a ton of books for you to buy. <https://www.amazon.com/Best-Sellers-Books-Childrens-Bible-Stories/zgbs/books/3106>. Once you start searching you won't believe how much is available. But be

discerning, it will be hard to "unteach" some lessons.

A review of the day might be good for some children. Ask simple questions like "What was the best part of your day?" "Who are you thankful to God for making a part of your life?" You might be surprised at the wisdom and insight that

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Finding God in All Things

Depending upon the age, it can sometimes be quite easy to establish new rituals.

My sister speaks of hearing her grandson saying his ABC's now every time he

washes his hands. (The children's version of 20 seconds for Covid-19 hygiene.) Of course, learning rituals may require your modeling behavior first. That can mean snuggling with your child when first learning to say prayers or kneeling by the bed with them. It might just help you to remember your own prayers.



Our Sunday, 10 a.m. liturgy is online either live on Facebook (link at loyoladenver.org) or recorded and linked under "Video Resources"

Bedtime Prayers & Rituals (cont.)

your children already have about people and about God.

Looking for a lullaby? Sally DeFord has a wonderful one about Joseph taking care of baby Jesus called "Guard Him Joseph." <https://soundcloud.com/sally-deford-music/guard-him-joseph-allyse-smith-taylor> DeFordMusic.com has sheet music and downloads for many of the songs Sally has written or arrangements of familiar Christian music. Reading

through her musings you may just find her songs written for her children and grandbabies like "Close as a Quiet Prayer" <https://defordmusic.com/close-as-a-quiet-prayer/> prayer for yourself.

There really is a lot out there, it just takes some concerted searching, listening and choosing to help you find what's right for you and your family. You may just find something appropriate for your own bedtime prayer. Imagine falling asleep to

"A Hymn of Grateful Praise" each night.

<https://defordmusic.com/hymn-of-grateful-praise/>

Make it part of a regular playlist.



Do you remember any bedtime stories you might wish to share with your children? Do you have a story of how bedtime prayers helped when you were afraid or ill or simply lonely?