



Home Rituals — Ideas from your family

October 2, 2020

St. Ignatius Loyola Parish

Volume 1, Issue 1B

Home Rituals: Family Responses

Your Responses:

- There really are options for prayer.
- As an activity like drawing or walking in the park
- As simple as one word
- Picking something the kids will understand

- We do a weekly Sabbath at our family where we go around the table and share ***"who are you and what are you here for."***
- We read the Sunday Gospel and have kids
 - write a picture in response
 - say one thing that they learned
 - or offer a prayer to God based on the Gospel (can be one word).
- Go on a walk together, find a quiet park or place to sit in God's nature. Listen. Read the gospel or a poem or make your own earth-based prayer. When we did this, we offered a prayer for nature on the walk with each kid naming one thing in nature which they are thankful for.
- We often use the Spark Bible, a good kids Bible with pictures and a simple action or question at the end. So if we don't think that the Gospel is really one the kids will "get," we just go to stories in there.

Not just what, but who:

It has often been the case that our prayer is often about a "what"—the test that is today, the problem with the car not starting, money issues. Some have taken it to heart that training in prayer should be more about "who" than about "what",

especially if prayer is ultimately a relationship with God.

Now might be a good time to shift the focus of prayer to the "who" instead of the "what". Whether in the morning, at meals or at night, you might wish to add the

practice of "who" to pray for.

- ⇒ Who was it today that you think most needed God's care today?
- ⇒ Who do you think you might have hurt and needs God's special blessing?

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Finding God in All Things



Jesus spent a lot of time at meals with others. Sometimes they were the rich and famous. Sometimes they were the poor or the outcast. Sometimes with friends

and those closest to him. Can you imagine what kind of prayer Jesus said?

What would it look like to have Jesus have dinner at your home? Where would he sit? What prayer would he say with you?

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

Not just what, but who: (cont.)

⇒ Who do you think we ought to thank for all the things they did today—and thank God for them too?

This habit of praying for someone might rotate through the members of your family—Monday is for Daddy, Tuesday for Mommy, Wednesday for Sis.

If you put notes on the refrigerator it might be the place where you put up the names of our

"Prayer Person of the Day." Or on a bulletin board or a chalk board by the door.

Such prayer helps us to notice more the people around us, to pay attention to their needs and to their actions.

And you might just want to throw in the question, "How do you think Jesus prayed? Do you think he prayed for other people too?"



Do you remember any other "family" mealtime prayers or traditions?



Like Jesus, Pope Francis takes time to eat with the poor.