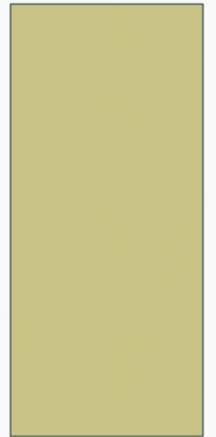


# FAMILY FAITH FORMATION – 2025/2026

SAINT PATRICK'S & SAINT LUKE'S



# THE PURPOSE OF FAMILY FAITH FORMATION

- To help you learn more about God so that you can deepen your own personal relationship with Him.
- To give you the confidence to speak about your Catholic faith with others.
- To help you as you guide your children in their own personal relationship with God.
- To provide you with an opportunity to spend more time with your immediate family and also with our parish family.
- To provide you with a short time for prayer and an opportunity to use the Sacrament of Reconciliation.

# THE PURPOSE OF FAMILY FAITH FORMATION

- The Catechism of the Catholic Church is divided into 4 sections. They are:
  - The Creed – What we believe
  - The Sacraments – How we are sanctified
  - The Commandments – How we are to live
  - Prayer – How we relate and interact with God
- This year we will be studying Prayer

# SANCTIFYING TIME THROUGH PRAYER

- Remember, prayer is talking to God.
- We have been talking about the need to pray.
- We have been talking about how to pray.

# SANCTIFYING TIME THROUGH PRAYER

- We have been talking about why to pray – adoration, petition, intercession, thanksgiving, praise.
- We have talked about the kinds of prayer – vocal prayer, meditation and contemplation.

# SANCTIFYING TIME THROUGH PRAYER

- Today, we are going to talk about when to pray.



# SANCTIFYING TIME THROUGH PRAYER

- Let's begin with some analogies
  - We are dependent upon electricity.
    - Lights
    - Appliances
    - Kitchen Appliances
    - Computers
    - Stores

# SANCTIFYING TIME THROUGH PRAYER

- When the power is out
  - Food gets warm and things melt
  - Our coffee gets cold
  - We can't charge our phones or computers
  - We can't cook
  - We can't wash clothes
  - We can't buy things

# SANCTIFYING TIME THROUGH PRAYER

- We are dependent upon food.
- We eat and drink several times a day.
- When we don't have food or water, we get hungry and then weak and then we die.

# SANCTIFYING TIME THROUGH PRAYER

- Food and water are essential to life. Without them we cannot live.
- Electricity is almost as essential for modern living. Nearly all of what we do and how we live would change without electricity.

# SANCTIFYING TIME THROUGH PRAYER

- So, What about prayer?
- Prayer is essential for our spiritual life.
- So, what happens to people if they seldom or never pray?

# SANCTIFYING TIME THROUGH PRAYER

- Their relationship with God will wither and die.
- If this goes on for years, it will get to the point where they never think of God at all. Their whole focus, all of their time will be spent on this life only.

# SANCTIFYING TIME THROUGH PRAYER

- However, it makes no sense to forsake prayer.
- To not pray is irrational and foolish.
- That's because we were made to live with God and you might say that in heaven, we will spend our time in prayer.

# SANCTIFYING TIME THROUGH PRAYER

- Praying here and now will expand our capacity to receive God's love.
- Praying here and now will also help us to know and love God more.

# SANCTIFYING TIME THROUGH PRAYER

- We don't think about eating all the time, but it's always in the background.
- We plan our day around our meals.
- We also plan our social activities around our meals.

# SANCTIFYING TIME THROUGH PRAYER

- Our prayer life should be similar. That said, let's begin with our week.
- Sunday Mass is the source and summit of the spiritual life.
- Our entire week should be planned around this necessary and essential act of worship.

# SANCTIFYING TIME THROUGH PRAYER

- Usually, this is fairly easy. Mass is at the same time each week. You know how long it takes to get to Church, and you plan accordingly just like you do when going to work or school.
- However, sometimes things come up and they disrupt our routines.

# SANCTIFYING TIME THROUGH PRAYER

- Here we need to distinguish between essential and non-essential situations.
- Illness or caring for someone who is ill is a legitimate reason to miss Mass.
- Lack of transportation or dangerous weather is a legitimate reason to miss Mass.
- However, weather related reasons should be measured with other activities. If you would go to work or leave your house for other things, then you can go to Mass.

# SANCTIFYING TIME THROUGH PRAYER

- Work related ...
  - Never for teenagers. You are non-essential employees, and your obligation to worship God comes first before McDonald's.
  - You may be called into work for some emergency. Fire, police, health care, broken plumbing, etc.

# SANCTIFYING TIME THROUGH PRAYER

- Routine weekend work is not normally an excuse. You may have to attend a different Mass or different parish. Or, talk to your employer and arrange for some time off so that you can get to Mass. Or, find a different job.
- Travel is not normally an excuse. Plan ahead. You should be able to find a Mass and a place to worship.
- Entertaining is not an excuse.

# SANCTIFYING TIME THROUGH PRAYER

- Christian culture versus pagan culture.
- When it comes to Sundays, the worship of God is not a consideration for pagans.
- Pagans plan other activities for Sunday mornings. This will often place you and your family in conflict with pagans.
- You will need to explain to your children that Sunday is the Lord's day and God comes first in your home.

# SANCTIFYING TIME THROUGH PRAYER

- Let's now turn to sanctifying the rest of the week, the month and the year.
- Each day of the week is dedicated to some aspect of our Catholic faith. Monday is the Poor Souls, Tuesday is the Angels, Wednesday is Saint Joseph. Thursday is to the Eucharist, Friday to the Sacred Heart of Jesus, Saturday to the Blessed Virgin Mary.
- Monthly, there are First Friday and First Saturday devotions.
- Go to Confession every month to six weeks. This helps greatly to overcome faults and resist temptations.

# SANCTIFYING TIME THROUGH PRAYER

- Yearly, follow the Church's liturgical year in your home.
- Observe the Seasons of Advent and Christmas and Lent and Easter.
- Celebrate the feast days of the saints.

# SANCTIFYING TIME THROUGH PRAYER

- Finally, let's look at our day. Prayer is mentioned frequently in the Bible.
- -- Mk 1:35 (morning prayer)
- -- Mt 14:22-23 (evening prayer)
- -- Lk 6:12 (prayer through the night)
- -- 1Thess 1:11 (St. Paul prays always)
- -- Col 1:9 (St. Paul has not stopped praying)

# SANCTIFYING TIME THROUGH PRAYER

- Begin your day with prayer including a morning offering, the Lord's Prayer, the Hail Mary, the Glory Be, the Angel of God. You should also ask God's blessings upon your daily work and affairs.
- During the day we say short spontaneous prayers when you can. Say grace before and after meals.

# SANCTIFYING TIME THROUGH PRAYER

- At some point during the day, say the Rosary.
- At some point, read a chapter from the Bible.
- Before going to bed, kneel down and say night prayers for yourself and your family and those in need whom you met during the day.

# SANCTIFYING TIME THROUGH PRAYER

- The Sacraments ...
  - Receive the Sacraments at appropriate times
  - Have your children baptized in the first weeks after they are born.
  - Receive the Sacrament of Confirmation.
  - When you marry, receive the Sacrament of Matrimony.
  - When in danger of death, receive the Sacrament of Anointing of the Sick.

# SANCTIFYING TIME THROUGH PRAYER

- Conclusion:
- Prayer at regular times throughout the day keeps us close to God.
- Building our lives around Sunday Mass reminds us that heaven is our home.
- Over the course of a lifetime, you will be sanctified through this routine of prayer and be ready for heaven when God calls you home.

# HOMework

- Parents at Home:
  - Discuss with your children when they should pray.
  - Talk to them about the importance of Sunday Mass.
  - Watch the two short videos on Prayer.

# HOMework

- Parents at Home:
  - See that your children complete their homework assignments.
  - Have your children plan their own daily prayer routine.
  - Check with them to see if they are saying their prayers.

# FAMILY PRAYER

