Prayer Exercise

Daily Family Prayer

Habit of Prayer: Vocal Prayer

"Vocal prayer, founded on the union of body and soul in human nature, associates the body with the interior prayer of the heart, following Christ's example of praying to his Father and teaching the Our Father to his disciples."

-Catechism of the Catholic Church 2722

What is Vocal Prayer?

Vocal prayer is the most common type of Catholic prayer. Vocal prayer is speaking to God. Many vocal prayers are written and approved by the Church, like the prayers we say during the Mass. Examples of vocal prayer are the Our Father, Hail Mary, the Angelus, Divine Mercy Chaplet, etc. You might say vocal prayers out loud with a group, on your own, or you might just use the silent voice of your mind to say them in your head. Vocal prayer is an essential element of the Christian life, however, it does not completely nourish our desire for God.

How to Pray:

Family life is chaotic and messy! But prayer is essential nonetheless! This exercise helps your family to come together in prayer in a meaningful and brief way. This can be prayed as as family to start your day or end your day before bedtime.

Step 1: Open with the Sign of the Cross & Intercessory Prayers

Make the sign of the Cross and take a moment of silence. One parent begins with bringing an intention to your daily prayer. This could be a prayer of thanksgiving for something good, a prayer for someone who is sick, a prayer for the country in an election year, etc. Allow silence to persist if your kids do not immediately pipe in. It will be a bit of a learning curve at first, however, once your family is in the daily habit of intercessions this will come more easily and open up your relationship with one another and God.

Step 2: Pray the Mini Rosary

The Mini Rosary is an efficient way to bring the Church's most important prayers into your daily routine. You pray one Our Father, one Hail Mary, and on Glory Be (you can also do three Hail Mary's if time allows).

Step 3: Say the Guardian Angel Prayer

Finally, ask your Guardian Angel to be with you this day (or watch over you this night), and then say the Angel of God prayer. Finish with the sign of the Cross and then maybe hug everyone in the family!

The Prayers:

Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Hail Mary

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

Glory Be

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.

Angel of God

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.