

Open in prayer. It can be something as simple as

“Holy Spirit please guide our family in prayer. Help us to fall more in love with Jesus through scripture and this time we have together.”

Recap

- Have each family member share what brought them joy this week
- Have each family member share something that was hard for them this week.
- Talk about how you did as a family this week living out the message you read last week.

Reading: Matthew 6:5-15

(Have someone read the following passage from scripture. If you have younger children you may choose to read the story from a children’s Bible.)

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. “This is how you are to pray: Our Father in heaven, hallowed be your name, your kingdom come your will be done, on earth as in heaven Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one. If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.

Break it down: (Here are some questions you can talk about as a family to help better understand what you just read)

1. Who was the story about?
2. What happened in the story?
3. What was the main theme or message of this story?
4. How can we, as a family, live this message better?

Saint of the week: St. Dominic

- Follow [this link](#) for a video and article about St. Dominic. You can watch it before hand and share what you have learned or watch the video as a family!

Activity:

- Have each person pick another family member to pray for this week. If the person wants, they can share a special intention they would like prayed for.
- You might try praying a decade of the Rosary together as a family. If you are really ambitious try prayer the whole Rosary together.

Closing Prayer: (feel free to come up with your own prayer or pray something different each week. Below are a few options of prayers that can be said.)

Option 1:

O God of goodness and mercy, to Thy fatherly guidance we commend our family, our household and all our belongings. We commit all to Thy love and keeping; do Thou fill this house with Thy blessings even as Thou didst fill the holy House of Nazareth with Thy presence.

Keep far from us, above all else, the blemish of sin, and do Thou alone reign in our midst by Thy law, by Thy most holy love and by the exercise of every Christian virtue. Let each one of us obey Thee, love Thee and set himself to follow in his own life Thine example, that of Mary, Thy Mother and our Mother most loving, and that of Thy blameless guardian, Saint Joseph.

Protect us and our house from all evils and misfortunes, but grant that we may be ever resigned to Thy divine will even in the sorrows which it shall please Thee to send us. Finally give unto all of us the grace to live in perfect harmony and in the fullness of love toward our neighbor. Grant that every one of us may deserve by a holy life the comfort of Thy holy Sacraments at the hour of death. O Jesus, bless us and protect us.

O Mary, Mother of grace and of mercy, defend us against the wicked spirit, reconcile us with Thy Son, commit us to His keeping, that so we may be made worthy of His promises.

Saint Joseph, foster-father of our Savior, guardian of His holy Mother, head of the Holy Family, intercede for us, bless us and defend our home at all times.

Saint Michael, defend us against all the evil cunning of hell.

Saint Gabriel, make us to understand the holy will of God.

Saint Raphael, preserve us from all sickness and from every danger to our lives.

Our holy Guardian Angels, keep our feet safely on the path of salvation both day and night.

Our holy Patrons, pray for us before the throne of God.

Yea, bless this house, O God the Father, who hast created us; O God the Son, who hast suffered for us upon the holy Cross, and Thou, O Holy Spirit, who hast sanctified us in holy Baptism. May the

one God in three divine Persons preserve our bodies, purify our minds, direct our hearts and bring us all to everlasting life.

Glory be to the Father, glory be to the Son, glory be to the Holy Ghost! Amen.

Option 2:

O dear Jesus, I humbly implore You to grant Your special graces to our family. May our home be the shrine of peace, purity, love, labor and faith. I beg You, dear Jesus, to protect and bless all of us, absent and present, living and dead.

O Mary, loving Mother of Jesus, and our Mother, pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations.

Blessed Saint Joseph, holy guardian of Jesus and Mary, assist us by your prayers in all the necessities of life. Ask of Jesus that special grace which He granted to you, to watch over our home at the pillow of the sick and the dying, so that with Mary and with you, heaven may find our family unbroken in the Sacred Heart of Jesus.

Amen.

Playlist Update Here are some songs to add to your playlist this week!

[Holy Spirit By Francesca Battistelli](#)

[Reckless Love by Cory Asbury](#)

[10,000 Reasons by Matt Redman](#)

[You Say by Lauren Daigle](#)