

# SUNDAY PRAYER FOR FAMILIES

A 6-step plan for praying at home

Gather  
Together

## 1 GATHER

Create a space for prayer in your home by silencing all technology, lighting a candle, and becoming still.

## 2 READ THE SCRIPTURE

Daily scriptures can be found online: [www.usccb.org](http://www.usccb.org) - Invite different members of your family to read each reading. Use the responsorial psalm as a call & response.



## 3 LISTEN TO A REFLECTION

There are many online resources to listen to homilies/reflections. You can access my homily at [www.soundcould.com/padrehooch](http://www.soundcould.com/padrehooch)

## 4 REFLECT TOGETHER

Share your own thoughts about the readings/homily. What did you hear? What did God stir in your heart? How do these readings apply to your family?



## 5 PRAY

Who would you like to pray for today? Gather the intentions of your family, our world & community, and ask God to hear your prayer.

## 6 SPIRITUAL COMMUNION

Saints often made a spiritual communion when they couldn't attend mass. Receive Jesus into your heart. Ask Jesus to come into your life. Unite yourself to God in prayer. Close with the Lord's Prayer.