



Prayer Chain Activity Center

Family Handout

The Church encourages a wide variety of prayer. All too often, we talk to God only when we need or want something. We can also turn to him when we have happy news, praise, or thanks. Most importantly, we should all remember to listen too.

You will have a packet of 20 strips of paper with prayers and Scripture readings on them and a packet of 20 blank strips.

On each of the blank strips, write original, personal prayers or favorite Scripture passages. You might also write intentions or causes for which your family would like to pray. Intentions can be repeated multiple times.

Using all 40 strips, one for each of the 40 days of prayer, create a chain by stapling or taping the strips into interlocking loops. Each day during Lent, remove a link and recite that prayer together, meditate on that Scripture passage, or pray for the intention written on that link.

Why Do We Pray?

Prayer is conversation with God. It can be spoken or thought, occasional or constant, original or traditional. We pray in thankfulness, in petition, in praise, in sorrow, and in joy. Prayer indicates belief in our God who wants to communicate with his people and be involved in their lives. People who pray believe there is something greater than themselves, a transcendent Creator, beyond their understanding but as near as their own breath. Through prayer, we nurture our relationship with God.

How Should We Pray?

Jesus gave us a beautiful answer to this question:

*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.
Amen.*

Family prayer is a wonderful act of togetherness that doesn't have to end with Lent. Consider using *A Prayer Book for Catholic Families* (Loyola Press) to extend your family's spiritual life.



Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

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. Amen.

O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

May God's word be in my mind, on my lips and in my heart.

As for me and my household, we will serve the LORD. *Joshua 24:15*

Angel sent by God to guide me, be my light and walk beside me; be my guardian and protect me; in the paths of life direct me. Amen.

God, our Father, I offer you today all that I think and do and say. I offer it with what was done on earth by Jesus Christ, your Son. Amen.

Jesus, I believe in you. Jesus, I hope in you. Jesus, I love you.

O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Lord, let me know clearly the work you are calling me to do in life. And grant me every grace I need to answer your call with courage and love and lasting dedication to your will. Amen.

Lord, fill our hearts with your grace: once, through the message of an angel you revealed to us the incarnation of your Son; now through his suffering and death, lead us to the glory of his Resurrection. We ask this through Christ our Lord. Amen.

All shall be well and all shall be well and all manner of things shall be well.

Julian of Norwich

Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one. *Saint Teresa of Avila*

Take, Lord, and receive all my liberty, my memory, my understanding and my entire will, all I have and call my own. You have given it all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me. *Suscipe: Saint Ignatius of Loyola*

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. *Reinhold Niebuhr*

[T]he Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” *1 Corinthians 11:23–25*

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the holy Spirit. *Romans 15:13*

Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but [also] everyone for those of others. *Philippians 2:3–4*

If we say, “We are without sin,” we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing. *1 John 1:8–9*

“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”
Mark 8:34

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