



GATHERING 2: PRAYER AND SACRAMENTS IDEAS PAGE

- Learn a new church song.
- Say hi to Jesus anytime go past a church while driving.
- Spreadsheet or chart with each person's prayer intentions – check in monthly.
(particularly good for grandparents to check in with grandchildren monthly)
- Pray with your children at night: what are you thankful for? What sorry about? What do you want to pray for? At the end, touch the child and pray over them "Thank you God for [child's name] & prayer for [him/her]."
- Read and reflect upon the readings before Mass.
- Prayer - Connect with your kids on who you are praying for and what they want to be prayed for.
- Pray in adoration chapel, begin with 10 minutes.
- Light a candle while praying at home.
- M&M: Mass & McDonalds (or another restaurant of your choice).
- Prayer cards or placemats for meal prayers.
- Set your watch for 3 p.m. to quietly pray "Jesus I trust in you" at the Hour of Mercy.
- Pray while travelling in the car as a family or by yourself while driving to/from work or school. Perhaps get a CD or use an app. to pray with.
- Pray the rosary as a family even if it's by Zoom... it is okay if kids are distracted, keep going.
- Light a candle in a church.
- Read the *Bible* together.
- Liturgical seasons – choose activities to the season:
 - Jesse Tree or Advent Wreath in Advent
 - Celebrate the 12 days of Christmas
 - Attend Stations of the Cross in Lent
- Participate in the Synod "Praying with Scripture" Virtual Series:
 - <https://www.archspm.org/praying-scripture-series/>
- Go to confession together and have ice cream (or other snack) afterward.
- Celebrate the anniversary of your baptism and First Communion.
- Pray Divine Mercy at 3 p.m.
- Novenas or devotions: do with your family together.
- *Consecration to St. Joseph* and/or the Blessed Mother.
 - For more information on the consecration, including special opportunities during the Year of St. Joseph go to: <https://www.archspm.org/synod/stjoseph/consecration-to-saint-joseph/>
- Pray parts of the *Liturgy of the Hours*.
- Vocations – pray for your parish priest. Explore different religious orders. Pick a particular spirituality.
- Prayer corner or altar in the home.
- Go on a pilgrimage.