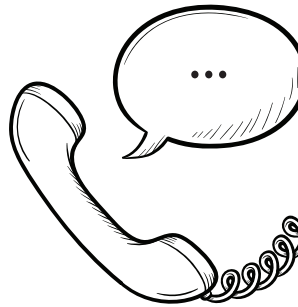


31. Say a simple, short prayer like “Thank you, God, for all the fun that Robbie had today and for all his new friends” when you pick up your child from a place where he had a wonderful time.
32. Say a short prayer of hope such as “God help me to use the gift of this day to its fullest” when you wake your child to a brand-new day.
33. Offer a prayer when you’re facing an unpleasant task.
34. Say a prayer of acceptance when your child exhibits a trait that gets under your skin.
35. Pray for your child when she is facing a difficult challenge (a test, a party where she doesn’t know anyone, a first visit to a new park or playground).
36. Bless your child’s forehead as he leaves the house. Bless his forehead when he returns home.
37. Say a prayer for the caller who drones on and on. Pray for patience too.
38. Say a prayer that God will be with you and that you will be with God when you feel the need to stand up for what you believe in.
39. Say a prayer when you feel tempted to do something you know is not right or in the best interest of your soul.
40. Say a prayer for guidance when you are at your wit’s end and don’t know what to do next.



40 Ways to Foster Prayer in Your Home

From *Raising Faith-Filled Kids* by Tom McGrath



What did St. Paul mean when he said we should “pray unceasingly”? Should we all join a monastery? Or maybe he was talking to people who are perennially in need of prayer, like Chicago Cubs fans. If we look carefully, our daily lives offer infinite opportunities to pray nonstop. Here are forty that came to my mind. Add your own to the list.

1. Teach your children one of the classic prayers.
2. Pray before meals together, whether a standard prayer or a spontaneous one.
3. Substitute a short prayer for any “expletive deleted’s” you might use. Better your children hear “God bless it” than a close alternative.
4. Pray spontaneously with your children at bedtime.
5. Say an Our Father whenever you start a long car trip.
6. Create a May altar in your home with a statue of Mary surrounded by flowers.
7. Buy or make a beautifully scripted prayer or Bible verse and hang it on a wall in your home.
8. Commemorate the anniversary of a loved one’s death by praying for him or her.
9. Keep a prayer jar for special prayer intentions or requests.
10. Start your day with a time of quiet prayer or meditation; encourage your children to do so also.
11. Visit the cemetery and pray for your dearly departed.
12. Have everyone in the family take turns praying for one of the other family members during the day for a whole week. Switch prayer partners every week.
13. Pray for the president, your congressional representatives, your mayor, and other civic officials.
14. Pray for church leaders and your parish clergy and ministers.
15. Imitate the great saint Dorothy Day, who spent time praying for



16. those who were so forlorn that they were about to commit suicide at that moment.
17. Find out when a family member’s important meeting or test is and remember to pray at that time.
18. Turn every worry that drifts into your thoughts into a prayer.
19. Pray for every person who is a source of resentment for you.
20. Pray for the person who cuts you off in traffic.
21. Pray for the person who is the subject of a juicy rumor (instead of passing the gossip on).
22. Pray for people who are homeless or down on their luck. (Slipping them a buck or two also constitutes praying.)
23. Sing your favorite hymn from church while driving in the car, showering, or doing housework.
24. Pray while you’re reading the newspaper.
25. Pray for the person in need when you hear an ambulance’s siren.
26. Pray for a teacher you are grateful you had when you were in school.
27. Pray for a teacher you are grateful your child has now.
28. Give thanks at mealtimes for the farmer who grew the food, the workers (often grossly underpaid) who picked the crops, and the people who processed, handled, delivered, and sold the food. Thank God for the sun and soil and water that made it possible.
29. Pray at bedtime for someone who did a kindness to you today.
30. Visit family members in a nursing home and pray with them.
31. Send a letter to a distant relative, saying you remember him or her in your prayers.

