

Episode 2: Holy Habits of Prayer



Revelation 3:20

“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me.”

Memorize this scripture.

Hint: Repeating scripture out loud is one effective way to memorize.



Catechism, no. 2567

“God calls man first. Man may forget his Creator or hide far from his face; he may run after idols or accuse the deity of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer. In prayer, the faithful God's initiative of love always comes first; our own first step is always a response. As God gradually reveals himself and reveals man to himself, prayer appears as a reciprocal call, a covenant drama. Through words and actions, this drama engages the heart. It unfolds throughout the whole history of salvation.”

Read in full Catechism Section 2566-2567



Watch Holy Habits Podcast Here:

<https://franu.webflow.io/holyhabits>



✓ Gather Your Supplies

- Catholic Bible
- Catholic Catechism
- Journal



Plan Ahead

Designate a time for

- viewing, reflection, prayer & family discussion



Prepare Your Heart

- Read and pray with the selected scripture and catechism excerpt before viewing the podcast.

Father Josh's Holy Habit

"Families, build a habit of prayer".

Every day, for the next four weeks, spend time together as a family and pray together.

- Share what you are thankful for, your hopes for tomorrow, and finally, any special intentions.
- End your family time with a prayer (spontaneous or memorized).
- Take turns leading this closing prayer!

Remember, the dinner table is the perfect setting for scheduled family time and prayer.



Faith Lived

The Catechism defines prayer as "the raising of one's mind and heart to God (2559)". It is only through prayer that we are able to grow in relationship with Jesus. When we pray, we must first remind ourselves that God is here: He is not somewhere else doing something else, but rather He is gazing on us with love. He is attentive and available every moment of every day; we only have to turn our gaze toward Him. Also, remember, kids CAN have a relationship with the Lord. Encourage your children to talk to God as a person, to listen to His voice in the scriptures. Teach your children to pray. Their relationship with the Lord will provide them a firm foundation for life.

? Family Conversation

Parents & Caregivers:

- Who first taught you how to pray? How did your family pray together when you were growing up? Share these memories with your kids.
- What is your favorite way to pray? Is the Lord calling you to a new form of prayer? Have a family discussion about the most fruitful ways you can pray!
- Talk to your family about creating a prayer space. Where should it be? Make sure the essentials are at hand: bibles, rosaries, devotionals, maybe even a blessed candle and pictures of your favorite saints.

Kids:

"What is your favorite prayer to pray and why?"

Honorable Mentions



A devotional is a great way to incorporate daily prayer into your life. Magnificat is one example of a Catholic devotional that not only provides the daily scripture readings, but also includes excerpts of spiritual writings and Catholic prayers. MagnifiKids is a great devotion style companion for your kids.