

PRAY

FAMILY PRAYER JOURNAL



Any time we encounter a need, a sorrow, or a concern, we can turn to the Lord for help. No need is too big or too small; He is always ready to hear us. Likewise, when we experience joy and success, we can celebrate that with the Lord. Our joy is His joy. The Family Prayer Journal is a tool to help you and your family to develop the practice of intercessory prayer (praying for others). If this is the first time you've tried this, no need to worry. Here are some questions you can ask yourself and your family to help you generate intentions. Don't let them overwhelm you! They are only suggestions to get you going. You can use as many or as few as you would like to use!

- Is anyone sick—physically or mentally?
- Is anyone struggling with a decision?
- Is anyone caught in a situation that seems scary or disheartening?
- Is anyone in need of basic necessities—food, clothing, shelter, employment, education?
- Is anyone in danger?
- Is anyone having difficulties with family relationships or friendships?
- Does anyone have something important coming up (i.e. a speech, an interview, a performance, a test, etc.)?

After going through these questions, write down your family's intentions in the Family Prayer Journal. Be sure to date them so that you have a record of how your family has grown and whom they've blessed with prayer. You may also want to keep a record of prayers answered. This will prove to be an incredible source of encouragement to all of you as you continue this prayer journey. Lastly, as you are going through the journal, you will notice inspiring quotes from Father Peyton about the Rosary and family prayer. Take time to read these and reflect on them as a family.

www.PrayTogetherNow.com

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