

## Faith Formation at Home For the Week of Oct 30 - Nov 5

*We Pray Together*

*What is prayer? Have you ever wondered what prayer is? Does it have to be done in a certain way? If I don't say certain things, does it count? Do we only pray in certain places?*



### **Make a Family Commitment**

As a family this week, think of the things you know that you or others need prayer for. What do you need forgiveness for? What do you need to change? Write these things down together as a family and throw them away. This is like what we do every Sunday when we say our confession together in church.

**Pray together as a family.** Close your time together with a prayer of thanks but a prayer where you might say something you are sorry for. Do not be afraid to say these things in front of God. God loves us despite the times when we mess up or fall short.

### **Blow out the candle**

Enjoy some time with your family!

The purpose of Faith Formation in the Home is to provide parents with a stress-free, easy to use lesson in order to lead faithful conversations with their children at home. Most parents spend less than 30 minutes a day in conversation with their children. Often those 30 minutes are spent giving orders and “parenting”. Faith Formation in the Home is designed in hopes that you will spend a few minutes a week talking about things which will help develop into faithful conversations about God, life, and relationships.

The lessons each week come from scripture and will be centered on seasonal themes.

**Start by lighting a candle.** This represents the light of Christ and is a symbol that Jesus is present in this space. It also sets apart the time as sacred (special) and holy (filled with God).

### **Pray together**

Dear Lord, I give You my hands to do Your work, my feet to go Your way, my eyes to see as You see, my tongue to speak Your words, my mind that You may think in me, my spirit that You may pray in me. Above all, I give You my heart so that You may love through me. Amen.

### **Warm up Question**

Read the question and invite everyone to share their own response. It may be helpful to use a, “talking stick” for person who is talking to hold. This will signify that only this person should be speaking until they pass the stick.

*Why is it important to pray? What difference does it make? Do I need to pray everyday?*

**Scripture** - This season we have been talking about prayer. We will talk about why we pray, what we pray for, and how we pray. Take this opportunity as a family to talk about and participate in prayer together.

Read the following scripture out loud.

*Romans 4:7-8*

*Happy are those whose wrongs are forgiven, whose sins are pardoned! Happy is the person whose sins the Lord will not keep account of!*

**Activity** - Give each member of the group a small slip of paper and invite them to write a short prayer saying sorry to God for anything which is on their mind. Have a few moments of silence in which people can quietly offer their prayers to God and then pass round a bin and ask everyone to tear up their prayer and put the pieces in the bin. Explain that when we say sorry to God, God takes away all our wrongdoing and gives us the chance to make a fresh start.

