



Catholic Archdiocese
of Adelaide



Say a Little Prayer

A Family Prayer Booklet



Foreward

This booklet is a fun way to open up conversation about what is important to Catholics.

Contained throughout the pages are several wonderings about what Catholics believe paired with prayers.

These prayers may be ones that you have heard of before or it could be the first time you've come across them! Either way you can keep this booklet handy (in the car, on the coffee table or by your bed) to pray with whenever you like!

Love & prayers,

Amanda Razon & Sr. Jenny Seal fdnsc
Family Faith Formation Team



**HAVE YOU EVER
WONDERED...**

why Christians pray?



Christians pray to be with God.
Spending time in prayer deepens their
relationship with God.

Praying can happen in different ways
and at different times; individually or
with others.

Pope Francis' 5 Finger Prayer

INDEX FINGER
For the ones
that teach us

MIDDLE FINGER
For our leaders

RING FINGER
For the sick and
weakest

THE THUMB
For the ones
we love

THE PINKY
For yourself



Morning Prayer

God, You walk beside me
You are always there.
Come be in my waking
Go with me everywhere.
Lord, Your hand will lead me
Your light will show the way,
Come be in my thinking
Be my guide today
Amen





Prayer before Meals

Thank you God
for food and prayer.

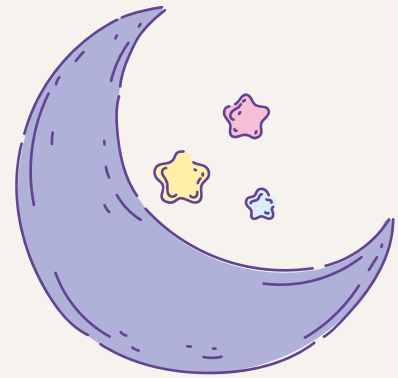
Teach us how to love and share.

Amen

<https://outuponthewaters.com/9-simple-creative-mealtime-prayers-for-families/>

Bedtime prayer

Dear God,
Thank you for today,
yesterday and tomorrow;
My family, my joys, my sorrows,
for all that made me stronger.
Amen



<https://www.dailyinspirationalquotes.in/2012/11/dear-god-thank-you-for-today-yesterday-and-tomorrow-prayer-quotes/>

**HAVE YOU EVER
WONDERED...**

why Christians believe in the
Holy Trinity?



The Trinity is the Christian belief that the one God is Father, Son and Holy Spirit united in love. The relationship of the Father, Son and Holy Spirit is a relationship of love; all people can reflect this in their everyday relationships.



Glory Be to the Father,
and to the Son
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.

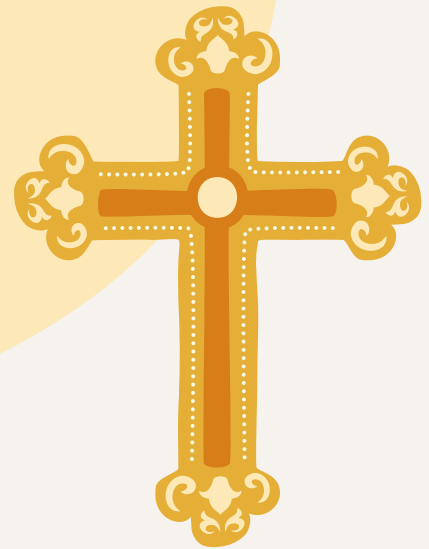
Amen

**HAVE YOU EVER
WONDERED...**

why people make the sign of
the cross?



People trace the cross over
their body as a prayer to God
and a remembrance of God as
Trinity.



Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit.

Amen

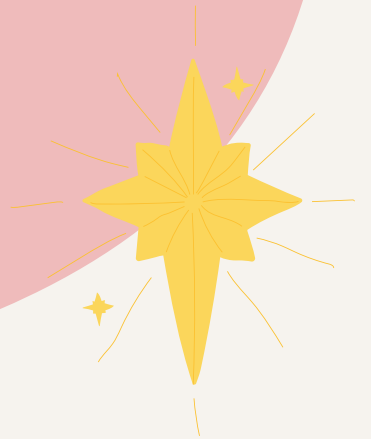




**HAVE YOU EVER
WONDERED...**

about the Holy Family?

Jesus was part of a family with Mary
and Joseph who loved
and cared for Jesus.
This family is called the Holy Family.



Pope Francis' Prayer to the Holy Family

adapted (from Amoris Laetitia)

Jesus, Mary and Joseph,
in you we contemplate
the splendour of true love;
to you we turn with trust.

Holy Family of Nazareth,
grant that our families too
may be places of communion and prayer,
authentic schools of the Gospel
and small domestic churches.

Holy Family of Nazareth,
may families never again experience
violence, rejection and division;
may all who have been hurt
find ready comfort and healing.

Holy Family of Nazareth,
make us once more mindful
of the sacredness of the family,
and its beauty in God's plan.





**HAVE YOU EVER
WONDERED...**

about the Our Father?

It is a prayer that Jesus taught first to his disciples.

Jesus' disciples saw him praying and asked him how to pray (Lk 11:1, Matt 6:9-14).

This prayer is known as the Our Father or The Lord's Prayer.

Our Father,

who art in heaven,
hallowed be Thy name.

Thy Kingdom come,
Thy will be done

on earth as it is in Heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive those

who trespass against us;

and lead us not into temptation,

but deliver us from evil.

Amen



HAVE YOU EVER WONDERED WHY...

Mary is important to
Catholics?



Mary is the mother of Jesus.
She loved and cared for him
throughout his life.
People pray to Mary for God's
help.

Hail Mary,

full of grace,

The Lord is with thee.

Blessed art thou among
women,

and blessed is the fruit
of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our
death.

Amen





HAVE YOU EVER WONDERED WHY...

Images and statues of Saints
are displayed in a Catholic
church?

Saints are people who lived out their call to be disciples of God. Having images and statues of them help people to remember and honour them as inspirational models of faith.

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy;

O Divine Master,
Grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.

For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.



**HAVE YOU EVER
WONDERED...**
what Catholics believe?



A creed is a set of belief statements. The Christian creeds were written in response to questions about the core beliefs of Christianity using language and concepts of the time.

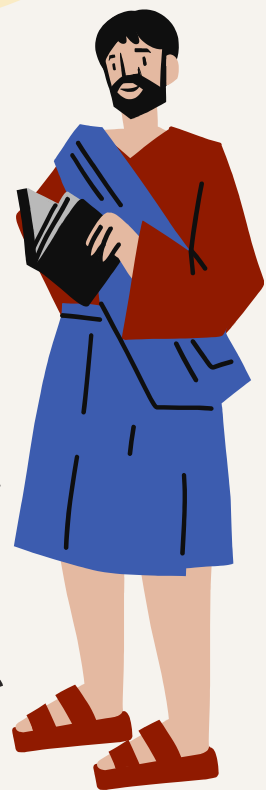
Apostle's Creed

I believe in God the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell.

On the third day he rose again from the dead. He ascended into Heaven and is seated at the right hand of God, the Father almighty; from there He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Amen



Acknowledgements:

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Family Faith

Formation

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