

7•5•1 Prayer Action Plan

1. Commit To Pray

Begin by committing to prayer as a habit using the 7•5•1 plan...

- 7 - Pray seven days a week individually for your spouse, kids, grandkids, parents, siblings, etc.
- 5 - Pray five times a week (including meals & bedtime) as a family.
- 1 - Pray at least once a week with your Church family.

2. Select A Time

Note the days and “piggy back” time slots for prayer as a family.

Examples:

Monday and Thursday prayer at the end of dinner and each evening we will use the “First to Bed” strategy for bedtime prayer.

Our@home prayer days will be: (*circle days*)

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

Our “piggyback” times will be:

3. Choose A Strategy

Jot down your thoughts on how to best guide the family prayers.

Examples:

We will use the “Fill-in-the-blank” guide to focus our prayers.

We will use “High/Low” at dinner and sentence prayers at bed-time.

We will use the following strategies:

4. Make Preparations

Unless you begin your prayer@home routine in the next five days the likelihood of following through is slim. Take out your schedule now and schedule one hour in which you will gather, purchase, prepare or display anything needed to implement the ideas listed above.

List the preparation steps you need to take:

1. _____
2. _____
3. _____

Praying with Your Parish Family

SUNDAYS: Celebrate Holy Mass

- 4:00pm Saturday St. Peter site
- 8:30am Sunday St. Peter site (live stream available)
- 9:30am Sunday Communion Service St. Peter site
- 10:30am Sunday St. Mary site

MONDAYS: Praise God with Music

- 12:00pm Music Meditations

TUESDAYS: Reconcile with God and Others

- Confession available 8-9am, 2-3pm, 6-7pm St. Peter site

WEDNESDAY: Adore Jesus

- Adoration Chapel open from 1:00pm-6:00pm at the St. Mary site

THURSDAY: Pray the Rosary

- 12:10pm Virtual Rosary

FRIDAY: Pray the Stations of the Cross

- 5:15pm Stations of the Cross at St. Peter site; live streamed

SATURDAY: Prayer in Action

- Drop off food pantry donations at our St. Peter site
- Sign up for the parish prayer circle to pray for our community needs

Find customized resources for your home and life situation online at intentionalathome.com

Resources are available for every prayer comfort level:

- Beginner
- Intermediate
- Advanced

Want to talk about how your prayer commitment is going?

Join us for our monthly Discipleship Night
on **March 3rd at 6:00pm.**

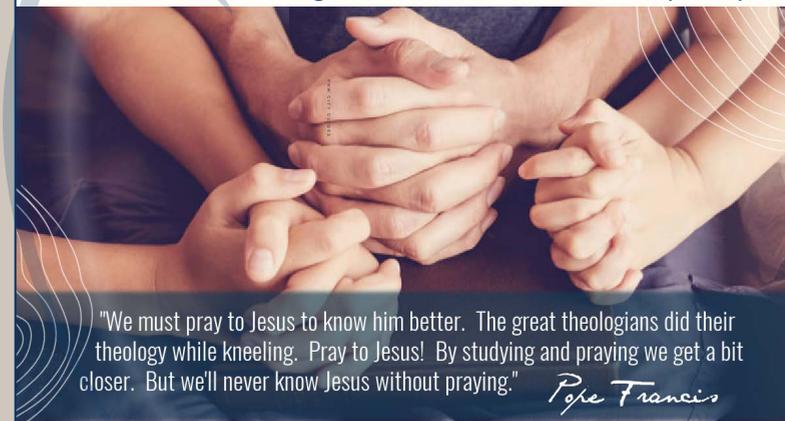
Check in with other families, get encouragement
and pray with us.



A Ministry of Most Blessed Sacrament Parish, Oshkosh
intentionalathome.com

7•5•1 Prayer@Home Guide

Becoming Intentional About Family Prayer



Why pray at home?

Studies have shown that the simple routine of praying together at home makes it much more likely you will...

- Build a life-long, thriving marriage
- Strengthen your relationships with others
- Nurture strong faith in the hearts of your children and teens
- Reduce the level of tension in your home
- Increase marital trust, respect and intimacy

Why don't we pray at home?

Check each of the following common reasons that apply in our situation.

- I feel awkward praying out loud with others-even my family.
- Our family schedule is so hectic we never seem to get to it
- There is relational tensions, so we don't want to pray together.
- I think my spouse would resist or dismiss the idea.

Why don't we pray with the Church?

Check each of the following common reasons that apply in our situation.

- I feel awkward praying with others.
- Our family schedule is so hectic we never seem to get to it.
- I think parish prayer events are for people who are more holy or knowledgeable than me.
- I don't feel welcome or I feel like I don't fit in.
- I haven't ever had a powerful prayer experience with others

Overcoming Obstacles

Tips as you encounter obstacles to the prayer@home habit:

- **Schedule:** Just like any other important event, prayer@home needs to be included on the schedule and protected. If you use a calendar, consider creating an appointment with the family several times per week even if that appointment is at dinner, before bed, etc.
- **Travel:** Even when on the road, you can participate in family prayer by phone. You might also consider sending a text message or email saying “I am praying this for you right now...”
- **Tension:** Confession (acknowledging one’s failures) in prayer can make it easier to resolve tension as family members humble themselves before God in the hearing of one another.
- **Partial Family Prayer:** If a spouse or child is unwilling to participate in group prayer, the rest of the family can still enjoy and benefit from the experience. Don’t allow their lack of participation to create tension. Simply do what you can as you are able without making them feel awkward or isolated.
- **The Nudge:** Give everyone permission to “nudge” one another back on track during the inevitable seasons when your prayer routine wanes. Be open to reminders from your wife, husband or child and resist the temptation to become defensive or defeated.

Jump Start Prayers

Helpful ways to jump start a prayer routine in your home:

- **Silent Prayers:** The easiest way to start family prayer is praying silently together. Agree on a prayer list, join hands and then bow quietly. As you become more comfortable with the process, add sentence prayers to your routine.
- **Sentence Prayers:** Take turns allowing each person who is comfortable doing so to pray a very short, one sentence prayer like “Please heal Uncle Paul.” Or “Thank you for giving Troy a new friend.” Or “I’m sorry for losing my temper with everyone earlier today.”
- **High/Low Prayers:** Have each person quickly share the high point and low point of their day. Then hold hands and give thanks for the high and ask for help with the low.
- **Fill-in-the-Blank Prayers:** Use pre-written language to guide and focus family prayer times. For example, the following starter lines can be used...
God, I love you because...
Thank you God for...
God, please help...
God, I’m sorry for...

Prayer Reminder Tools

Ideas to make your prayer routine easier and more meaningful:

- **Prayer Board:** Buy a dry erase board to keep near the dinner table or on the bathroom mirror and use it to keep track of items the family is praying together.
- **Recipe Prayer Cards:** Keep a recipe box and cards on the table so that when concerns are discussed they can be captured on a card. You might want to create a section for answered prayers to keep as a reminder of God’s goodness.
- **Thanksgiving Jar:** Keep a large mason jar with a stack of paper slips in a visible location to write down and keep reminders of answered prayer throughout the year. On Thanksgiving Day, empty the jar to reflect upon and give thanks for God’s goodness the prior months.
- **Family Prayer Journal:** Keep a journal and pencil someplace in the house where any family member can record written prayers. Other family members can pick up the journal during their own prayer time and join their spouse, child or parent praying for the same concerns.
- **Prayer Card Basket:** Rather than throwaway Christmas & birthday cards, thank you notes, or party invitations received during the year, place them in a basket Remove one each meal time as a reminder to pray for that person or family.

Piggy Back Strategies

Existing family activities or special occasions to leverage for prayer:

- **Mealtime:** Briefly give thanks for the food before you eat, then wait until everyone has eaten to have an extended family time of prayer.
- **Bedtime:** The first person in the family to go to bed alerts everyone else that it is time for the end of day prayer together.
- **Wake up:** Before the first person heads out the door, pray together about the upcoming activities of the day.
- **Drive time:** As you start the engine, pause for a brief prayer together asking God to go with you and invite everyone to pray a sentence prayer for any concern.
- **Special occasions:** Anniversaries, birthdays, first day of school, first date, school test, job interview, or trip to camp can trigger special occasion prayers especially with teens who encounter many “firsts” to lift before the Lord together.
- **Walks:** Taking a walk together is the ideal time to pray-or pause at the end to pray about the matters that came up during your walk.
- **Mirror prayers:** Using a dry erase marker, write a list of prayer concerns on the child’s bathroom mirror so they remember to pause and pray after brushing teeth.

What To Say

For those who would feel more comfortable with pre-scripted guidance, feel free to pray aloud together using the following language...

• PRAYING FOR NEEDS:

Almighty God, we recognize that you are our creator and provider. We also acknowledge we are weak and need you. Help us depend on you today as we...(Describe specific activities)

• CONFESSION PRAYER:

Lord, you have promised to forgive those who confess their sins. We come before you in humility today acknowledging our own failures. (Pause as each person silently confesses his/her own sins and failures) Now we ask that you give us the courage to apologize and forgive each other when needed to keep harmony in this home.

• REQUEST PRAYER:

Father, you are the giver of all good gifts. We ask for your goodness today as we lift the following requests to you... (Take turns offering one sentence prayers for each request)

• THE LORD’S PRAYER:

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.

• Allow each person to silently ask God how he wants to show them his presence today, and then pause to provide time for them to listen to his response.

Give us today our daily bread.

• Insert sentence prayers about family needs/concerns

Forgive us our debts, as we forgive our debtors.

• Pause as each person silently confesses

And lead us not into temptation, but deliver us from the evil one.

• Insert sentence prayers about fears, worries, temptations, etc.

Amen.

