

SUNDAY FAMILY PRAYER SERVICE

Before the time of family prayer begins, take the time to do the following steps to ensure that everyone is prepared and can be recollected during the time of prayer.

- 1. Prepare the space. Turn off televisions, phones, and other devices that may distract from this time together with God*
- 2. Have a holy image or crucifix at the centre of the space. A lighted candle next to the image or crucifix can serve as a reminder of the Light of Christ, the One Whom we invite into our hearts and homes.*
- 3. Have the readings from the Holy Mass at hand. These can be found online at <https://universalis.com/mass.htm>*
- 4. Assign people for the roles of leader and lector. You may want to have more than one lector.*

Since children may get restless, the prayer service may be shortened by eliminating one of the readings and the responsorial psalm. If children need to be excused, it is still important for parents to take time to pray together. Try to stay recollected and focused on the words of the prayers, despite whatever distractions might arise.

Once the space and participants are prepared:

Leader: O God, come to my assistance.
(All make the Sign of the Cross.)

All: O Lord, make haste to help me. 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. Alleluia. *(Omit "Alleluia" during Lent.)*

Pause for each person to make an examination of conscience or, either silently or, if preferred, out loud together. Reflect for a few minutes on the past week. In what ways has God been close to you and shown you His love? Thank Him for those times. In what ways have you walked away from God through sin and doubt? Offer those sins to the Lord.

The Leader then begins, and all join in prayer:

All: I confess, to Almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(striking the breast three times)* through my fault, through my fault, through my most grievous fault. Therefore, I ask Blessed Mary, Ever Virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord, Our God.

Leader: May Almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All: Amen.

Leader: May the Lord be in our thoughts, on our lips, and in our hearts as we listen to His word together.

Lector (1) reads the first reading and the responsorial psalm.

Lector (2) reads the second reading.

Lector (3) reads the Alleluia verse and the Gospel.

Pause for a few minutes to allow the words of Scripture to penetrate into the heart. If desirable, family members may share their responses to the Word of God. If there are any situations in need of prayer that are brought up, those can be included in the petitions that follow.

Leader: Let us bring to our Heavenly Father all our needs and petitions.

Lector: Lord Jesus Christ, our God and Saviour, You are our King and our Shepherd: lead Your people into life-giving pastures.

All: **Lord, may your kingdom come.**

Lector: Jesus, the Good Shepherd, You laid down Your life for Your sheep: guide us, and we shall lack nothing.

All: **Lord, may your kingdom come.**

Lector: Jesus, our Redeemer, You are the King of the whole world: restore all things in Yourself.

All: **Lord, may your kingdom come.**

Lector: Jesus, King of all men, You came into the world to bear witness to the truth: make all aware of Your primacy in all things.

All: **Lord, may your kingdom come.**

Lector: Jesus, our master and model, You have brought us into Your kingdom: grant that today we may be holy, blameless and worthy of You.

All: **Lord, may Your kingdom come.**

Leader: We pray also for *(include persons, situations, and other family needs.)*

All: **Lord, may Your kingdom come.**

When all the petitions are concluded:

Leader: With humble spirit and contrite heart may we be accepted by You, O Lord, and may our prayers and sacrifices in Your sight this day be pleasing to You, Lord God.

All: **Amen.**

The Leader then reads from 1 Cor 11:23-26.

Leader: For I received from the Lord what I also delivered to You, that the Lord Jesus on the night when He was betrayed took bread, and when he had given thanks, He broke it, and said, "This is My body which is for you. Do this in remembrance of Me." In the same way also the chalice, after supper, saying, "This chalice is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me." For as often as you eat this bread and drink the chalice, you proclaim the Lord's death until He comes again.

All: **Our Father...**

The Leader begins the prayer of spiritual communion, which all pray together:

All: **My Jesus,**
 I believe that You are present in the Most Holy Sacrament.
 I love You above all things,
 and I desire to receive You into my soul.
 Since I cannot at this moment receive You sacramentally,
 come at least spiritually into my heart.
 I embrace You as if You were already there
 and unite myself wholly to You.
 Never permit me to be separated from You. Amen.

Leader: May the Body and Blood of Christ keep us safe for eternal life.

All: **Amen.**

A Eucharistic hymn may be sung or played (Soul of My Saviour, This is My Body, etc.).

Leader: May the Lord bless, protect us from all evil, and bring us to everlasting life.

All: **Amen.**