



Most Holy Trinity presents

# The School of LOVE

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The family  
that **PRAYS**  
 together,  
stays together



**Fun ideas for praying as a family!**

# The FIVE finger prayer

## Inspired by Pope Francis

**THUMB** - Colossians 4:2

Pray for those closest to you, closest to your heart, your loved ones.

**POINTER FINGER** - 1 Thessalonians 5:25

Pray for those who instruct/teach you, the people who point the way.

**TALLEST FINGER** - 1 Timothy 2:1-2

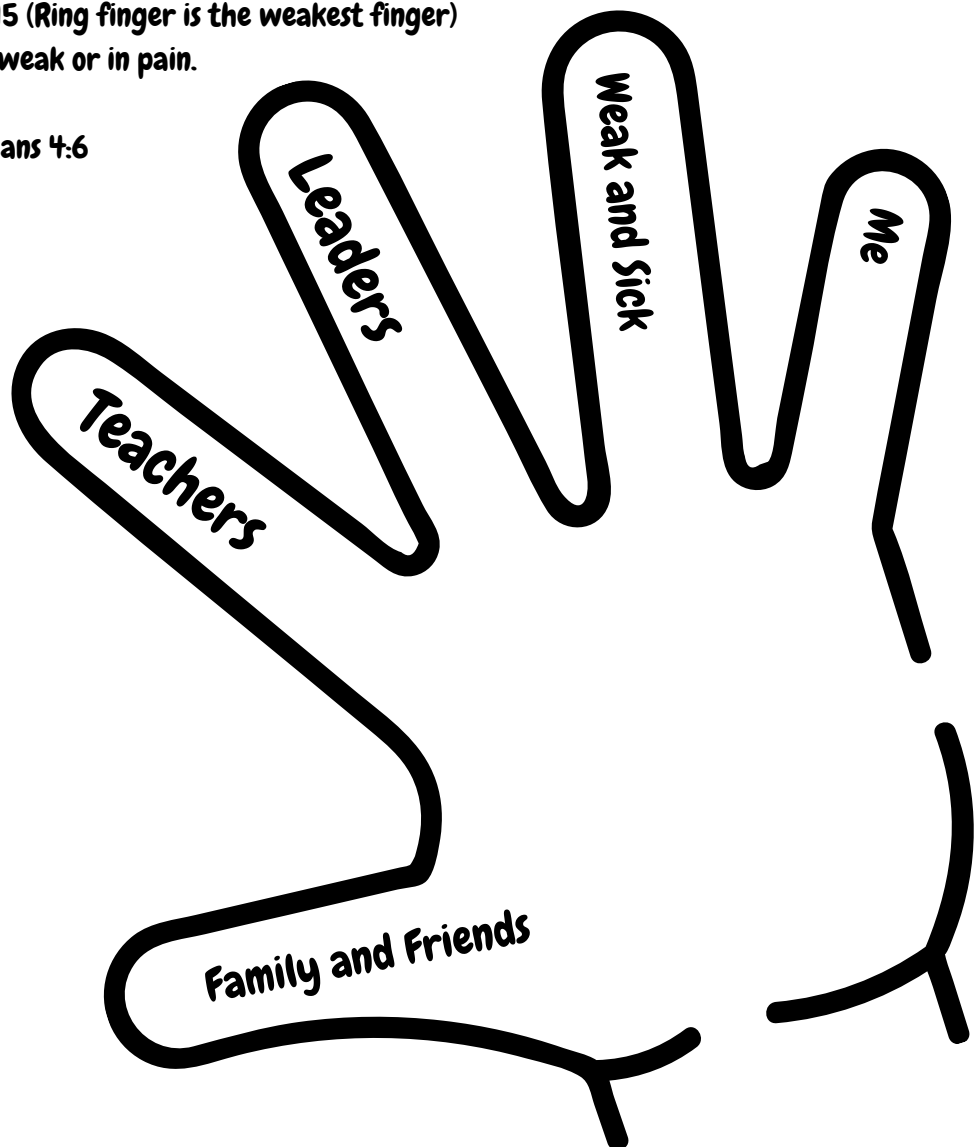
Pray for those who stand tall for us and lead us.

**RING FINGER** - James 5:15 (Ring finger is the weakest finger)

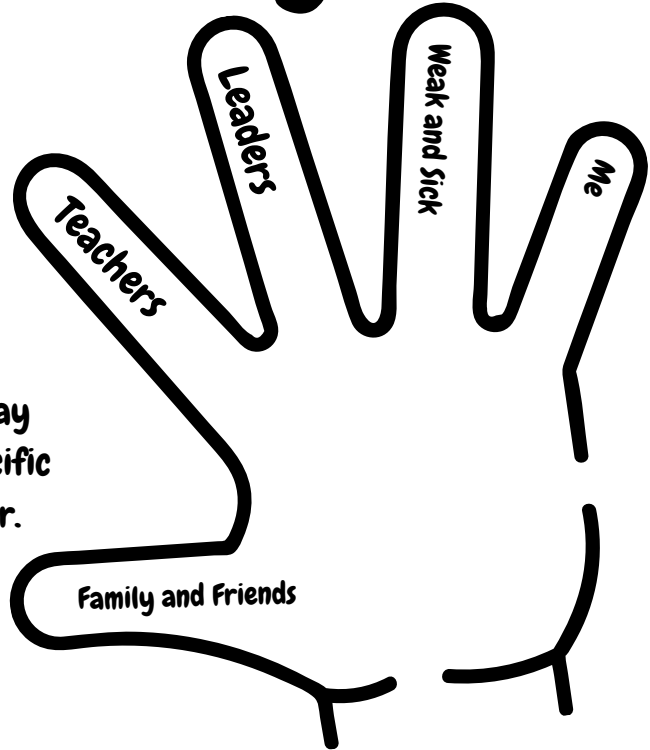
Pray for those who are weak or in pain.

**LITTLE FINGER** - Philippians 4:6

Pray for ourselves.



# Five Finger Prayer



Write down the names of those you will pray for, one for each finger, along with the specific intentions or requests you wish to pray for.

.....  
Family and Friends:

.....  
Teachers:

.....  
Leaders:

.....  
Weak and Sick:

.....  
Me:



# Pray the Rosary

How to pray a decade of the rosary:

**Make the sign of the cross**

**Pray the 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; THE THIRD DAY HE ROSE AGAIN FROM THE DEAD;  
HE ASCENDED INTO HEAVEN, AND SITTETH AT THE RIGHT HAND OF GOD, THE FATHER ALMIGHTY; FROM  
THENCE HE SHALL 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

**On the first large bead, pray the Our Father**

**On the next 3 small beads, pray the Hail Mary**

**After the third Hail Mary, pray the Glory Be**

**Announce the Mystery**

**On the first large bead of the decade, pray the Our Father**

**On each small bead in the decade, pray the Hail Mary x 10**

**After the tenth bead, pray the Glory Be**

**Pray the Fatima Prayer:**

"O MY JESUS, FORGIVE US OUR SINS, SAVE US FROM THE FIRES OF HELL; LEAD ALL SOULS TO HEAVEN,  
ESPECIALLY THOSE WHO HAVE MOST NEED OF YOUR MERCY"

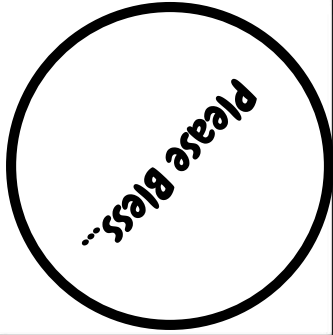
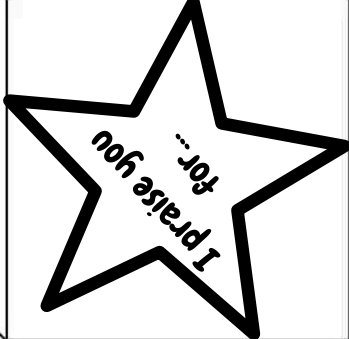

**End with the Sign of the Cross**



**Fun twist**

**Instead of rosary beads, use snacks! Cheerios, M & Ms, grapes, etc.!**

# Create your own foldable prayer catcher

 <p>Please Bless...</p>	<p>1</p> <p>I pray for my friends</p>	<p>2</p> <p>God, please help me with...</p>	 <p>I praise you for...</p>
<p>8</p> <p>I pray for my family</p>			<p>3</p> <p>i love you god because...</p>
<p>I thank god for...</p>			<p>4</p> <p>I pray for my church</p>
<p>Thank you Lord For...</p>	<p>9</p> <p>I pray for our leaders</p>	<p>5</p> <p>I pray for my community</p>	 <p>Please Bless...</p>



# Weekly Prayer Plan

Decide as a family who or what you will pray for each day!

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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# Prayer Jar

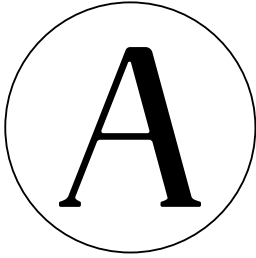
**Place prayers on slips of paper.**

**Place these slips of paper in a jar.**

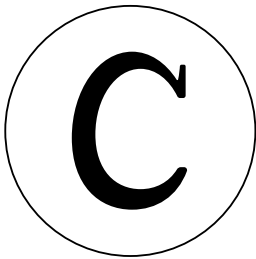
**As a family, decide when you'd like to draw prayers from the jar and enjoy this special time together.**



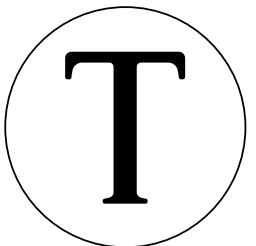
# Prayer Journal



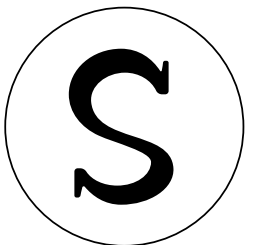
**Adoration: Praise and reverence for God, acknowledging His greatness and holiness.**

A large, empty, black-outlined shape that is rectangular on the left and tapers to a point on the right, resembling a right-pointing arrow.

**Confession: Acknowledging your sins and asking for forgiveness.**

A large, empty, black-outlined shape that is rectangular on the left and tapers to a point on the right, resembling a right-pointing arrow.

**Thanksgiving: Expressing gratitude for God's blessings**

A large, empty, black-outlined shape that is rectangular on the left and tapers to a point on the right, resembling a right-pointing arrow.

**Supplication: Making requests and petitions to God for yourself and others.**

A large, empty, black-outlined shape that is rectangular on the left and tapers to a point on the right, resembling a right-pointing arrow.

# Create a Family Litany of Saints

To create a family litany of saints start with:

**Family namesakes and Confirmation Saints**

**Saints who are patrons of your family's  
occupations or special needs**

**Saints you personally admire or are devoted to**

**Ideas**

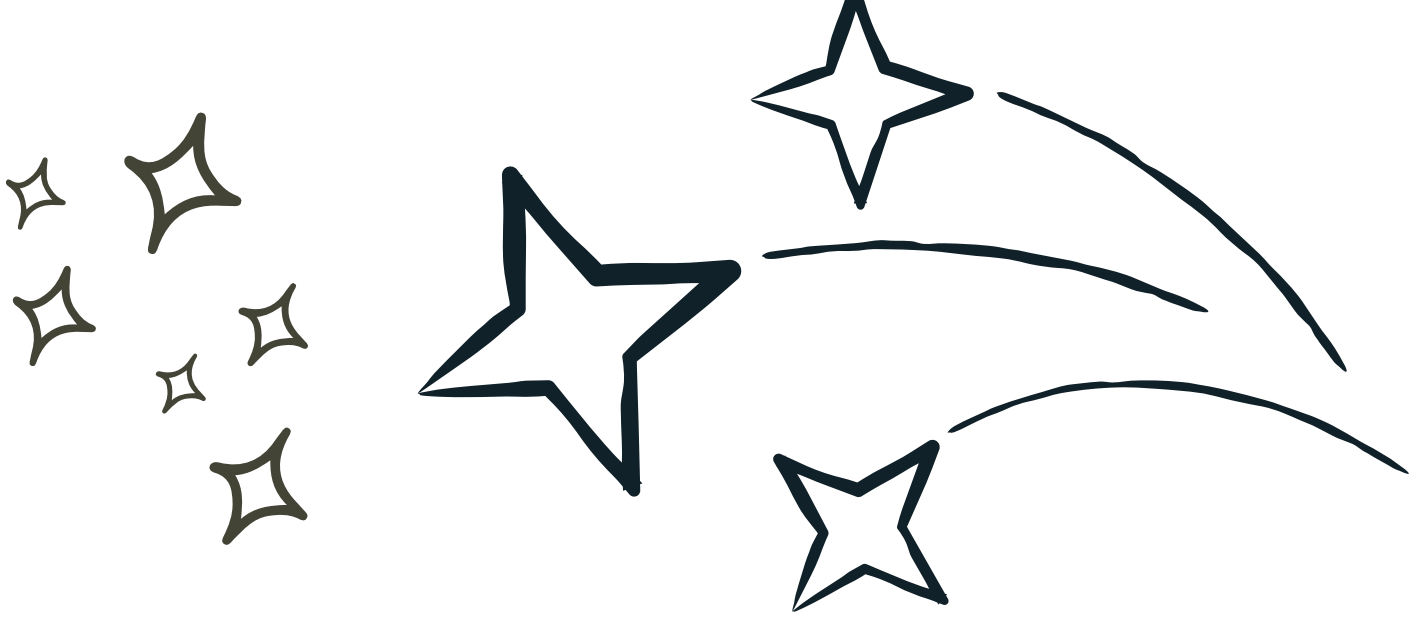
**Create it on the next page**



# Our Family Litany



**All you holy men and women, pray for us!**



You were  
MADE for  
GREATNESS

Pope Benedict XVI



Gracie Glory



Pray, hope, and



don't worry

Saint Padre Pio



# Gracie Glor



Jenna Epkey



[amazon.com/author/jennaepkey](https://amazon.com/author/jennaepkey)