

# How To Pray: Family Friendly Adoration

## What to Know Before You Go

- You don't need to stay the full hour—**start with 10–15 minutes** and build up.
  - It's okay if your kids whisper questions or fidget a little—**this is a learning experience**.
  - Bring age-appropriate items to help them pray:
    - A children's Bible
    - Saint storybooks
    - Rosary beads
    - Coloring pages with Scripture or saints
    - A journal or sketch pad
  - Try sitting close to the front so they can see the monstrance and know "That's Jesus."
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## Family Adoration Format (15–30 Minutes)

### 1. Start Together in Prayer (2–3 minutes)

"Dear Jesus, thank You for being here with us. Help us to be still, to listen, and to love You more. Amen."

Each family member can add their own simple prayer:

"Thank You, Jesus, for..."

"Please help..."

"I love You because..."

### 2. Read or Listen to Scripture (5 minutes)

Choose a short passage such as:

- Psalm 23 – "The Lord is my Shepherd"
- Luke 18:16 – "Let the children come to Me"
- Matthew 5 – The Beatitudes

Let an older child read it, or read it aloud slowly as a family.



Ask:

- “What word or phrase stood out to you?”
- “What do you think Jesus is saying to us?”

### **3. Silent Time with Jesus (5–10 minutes)**

Encourage quiet sitting or kneeling. Even 2–3 minutes of stillness is beautiful!

Say:

“We’re going to be still and listen to Jesus in our hearts.”

Give them something tangible:

- Whisper, “Tell Jesus something you’re thankful for.”
  - Or, “Ask Jesus to help you love someone better.”
- Let little ones color quietly while you stay in prayer nearby.

### **4. Family Rosary (Optional – 5–10 minutes)**

Pray a decade or two together. Choose a mystery and briefly explain it. Invite each child to lead a Hail Mary.

If very young children get restless, consider using a **Rosary picture book** or just say one Hail Mary each, slowly and prayerfully.

### **5. Closing Prayer (2 minutes)**

“Jesus, thank You for this time with You. Please help us love You and each other more every day. Amen.”

End with:

- Sign of the Cross
- A song they know (like “*Jesus in the Blessed Sacrament, I adore You*”)
- A reverent wave or goodbye to Jesus

## Pro Tips for Parents

- Talk about Adoration before you go:  
“We’re going to visit Jesus. He’ll be on the altar, and we get to talk to Him in our hearts.”
- Praise your children after:  
“You did a beautiful job being with Jesus.”  
“I loved how you prayed that Hail Mary!”
- Build in a **treat or tradition** afterward—a favorite snack, playground stop, or storytime—to create joyful associations.
- Don’t stress! Even a “*messy*” *holy hour* is an offering God receives with joy.

## Bonus Ideas

- Bring blank index cards for kids to write or draw “prayer notes” to Jesus.
- Keep a “Family Adoration Bag” with quiet prayer tools and rotate items.
- Let kids light a votive candle before or after to “leave their prayer with Jesus.”
- Celebrate special feast days with Adoration—St. Joseph, Corpus Christi, Holy Family Sunday, etc.