

A Sample chat with God

Create a little time and space. Light a candle together. Begin by sitting and listening to some soothing or soft music. Breathe and relax. Bless yourself using holy water and help your child to do the same.

Parent: Today I want to say thank you to God for my home, my children, food on the table and for good health. What would you like to thank God for today? [Help your child to share what they are grateful for]

Parent: Today, I have been thinking about people who are sick, and I want to ask God to help those people who are sick. I also want to pray that John will do well in his exam and Lucy will do well in her match. What would you like to chat to God about today? [Help your child to chat with God about what's important to them from home, school, or their friends]

Parent: Let us be quiet for a minute and see if we can feel God chatting to us in our hearts. [We all need some silence in our day – children's lives are often packed with activity and noise. Teaching them that it's ok to be still and silent is a great life skill]

Parent: Let us pray to Our Lady in Heaven and ask her to help us – Hail Mary...

Lord, thank you for chatting with us today. We ask you to keep us safe tonight and help us through our day tomorrow.

Finish by blessing yourself and your child with the holy water.



How to pray with your child as
they prepare for First
Confession & First Holy
Communion

www.priorswoodparish.ie

Create some time & space to pray with your child - Every day is very busy. Prayer is how we listen to God in our lives and share our life experiences with God. To do this we need to create some time and space. It doesn't need to be a lot of time - God can work miracles with just a small amount of time and space.

Show them that you find meaning in prayer - your children look up to you. If you show them that you take some time to talk with God about your day, your hopes and fears; then they will be only too happy to join in.

Use what's simple and meaningful - the best way to start is to teach them how to bless themselves, slowly and prayerfully. Let the simple act of blessing ourselves become a prayerful meditation.

Use a candle or holy water - symbols such as a candle or the use of holy water can really make a difference. They allow us to focus our hearts and minds.

Play some soothing or relaxing music - see if they can listen with you to some relaxing music. Music soothes our souls and helps us connect prepare to chat with God in prayer.

Share a story from Jesus' life - Children love to hear stories and they love their parents to tell them stories. There are many websites with bible stories for children or even share with them a bible story you remember and love.

Say thank you - A good way to start our chat with God is by saying thank you for the blessings of our day - list these out: Lord, thank you for my friends - for my teachers - for my parents - my pets - for food - for my home etc. Cultivating a feeling of gratitude is very powerful and very helpful especially for our mental & spiritual wellbeing.

Ask them who or what they would like to pray for - this is their chat with God; what do they want to say? What's on their mind? What's important to them? If the prayer is relevant, it will be meaningful.

Call on our Blessed Mother - finish your chat with God with a prayer to Mary - every child in school learns the Hail Mary. Pray this ancient prayer together and ask Mary to bless and keep you safe.

Finish with the sign of the cross - we also begin and end our prayer with the sign of the cross. This simple, yet powerful, action unites us with Christians all over the world and unites us with Jesus.

