

# Simple Prayers Priceless Moments

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*Praying with our children through their pandemic experiences.*

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## HELPING OUR CHILDREN IN THIS MOMENT:

With our world going through unprecedented circumstances, it is hard to make sense of what is happening at times. As an adult we have the advantage of scope and context to help process what is occurring in the world, even as we try and make sense of everything. However, our children, no matter what their age, have a more limited ability to understand what is happening and how it will affect them directly.


Children may worry about themselves, their family, and friends... adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. (CDC.GOV)

There are several websites about how to talk with your children during these times with great suggestions - here are a few:

- [teachingcatholickids.com](http://teachingcatholickids.com) (helping children cope)
- [CDC.GOV](http://CDC.GOV) (talking with children)

Most importantly, parents can help children process these moments in light of faith. Reassuring them that we have a God who loves us and is watching out for us, even if we can't understand everything perfectly right now. Help your children see God in the circumstances by:

- Showing compassion for others, by doing an act of kindness
- Creating a family prayer list and celebrating answered prayers.
- Pointing out how God can be present in our daily circumstances and highlighting any moments where "God's light" can be seen in the day.



For I am the Lord, your  
God, who grasps your  
right hand: It is I who  
say to you, do not fear, I  
will help you.

(Isaiah, 41:13)



## QUESTIONS & CONVERSION STARTERS

### CONVERSATION STARTER QUESTIONS:

(ADJUST AS NEEDED FOR AGE APPROPRIATENESS.)

- TALK ABOUT FAVORITES (ICE CREAM, TOYS, SHOWS, GAMES)
- ASK QUESTIONS ABOUT THINGS THE CHILDREN ARE INTERESTED IN (SPORTS, HOBBIES, FRIENDS, CLOTHING, TRENDS, ETC.)
- DREAM A LITTLE (TALK ABOUT THINGS THEY HOPE FOR (IDEAL VACATIONS, CARS, HOUSES, PLACES TO LIVE, ASPIRATIONS, ETC.)
- CONNECT THEIR CHILDHOOD EXPERIENCES WITH THINGS YOU MAY HAVE DONE GROWING UP.

### QUESTIONS TO HELP PROCESS THEIR EXPERIENCES:

- WHAT THREE WORDS BEST DESCRIBE THE PAST FEW MONTHS OF THE PANDEMIC?
- WHAT ARE YOU LOOKING FORWARD TO THIS NEXT SCHOOL YEAR, OR FOR THE REST OF (SUMMER, FALL, ETC.).
- WHAT MAKES YOU FEEL THE HAPPIEST RIGHT NOW? ANYTHING MAKE YOU FEEL SAD?
- WHAT ARE SOME THINGS YOU CAN TEACH OTHERS ABOUT THIS TIME WE HAD? (OR WHAT WOULD YOU TELL YOUR CHILDREN?)
- WHAT CAN YOU BE THANKFUL FOR THESE PAST FEW MONTHS?
- IS THERE ANYONE YOU KNOW WHO IS STRUGGLING AT ALL? WHAT ARE THEY FEELING? CAN WE HELP THEM AT ALL?
- IF YOU HAD TO MAKE A RULE TO HELP THE WORLD RIGHT NOW, WHAT WOULD IT BE?

### WAYS TO RECOGNIZE GOD IN THIS MOMENT:

- HAVE CHILDREN LIST SOME GOOD THINGS THAT HAVE HAPPENED THESE PAST FEW MONTHS SUCH AS QUALITY TIME, LESS STRESSFUL SCHEDULE, ETC. (THANK GOD FOR THESE THINGS)
- WHAT ARE SOME WAYS YOU HAVE FELT LOVED IN THIS TIME (GOD IS IN THESE MOMENTS)
- WHO HAS SERVED OUR FAMILY IN SOME WAY, OR CAN WE AS A FAMILY REACH OUT TO SOMEONE ELSE?
- WHO NEEDS OUR PRAYERS RIGHT NOW, WHO HAS BEEN PRAYING FOR US?
- IS THERE AN ACT OF KINDNESS THAT CAN BE DONE RIGHT NOW FOR SOMEONE?
- IS THERE SOMETHING THAT HAPPENED FOR THE BETTER THAT WE DIDN'T EXPECT, HOW CAN WE SEE GOD IN THAT MOMENT?

## SIMPLE PRAYER NIGHT WITH YOUR FAMILY:

*Gather your family together and start with a fun question.*

*Ask some questions about things they may have enjoyed during the pandemic.*

*Ask some questions about what they hope life will be like in the weeks/months to come.*

*Who are some people who need prayers right now? What are some things we can ask God's help for? (consider writing them down)*

*Say a simple prayer out loud or from the heart mentioning any concerns specifically, or any intentions.*

*End with a simple prayer the children might be familiar with such as Our Father, Hail Mary or Glory Be.*