

Pray Anytime, Anywhere

Prayer is the cornerstone of our faith and how we build a relationship with God. It's also easy to do. You can pray anytime of the day, from any location. Below are a few more specific suggestions for including prayer in your day.

When you wake up in the morning, start the day by greeting God. Tell Him good morning, thank him for the day, and ask him to walk with you throughout the rest of your day.

Mealtime is always a good time for prayer. Breakfast, lunch, dinner, or even snack time are great opportunities to say grace. Say a traditional table prayer, or keep it simple and just thank God for the food on your plate before eating.

As you leave your house, bless the door. Ask God to keep your home safe until you return. You can also ask him to watch over any pets who are alone during the day.

The car ride is another great time for prayer. Bless your children and your journey before you leave, and then pray together on the road. This is a great time to practice the Lord's Prayer or other traditional prayers. Children will have them memorized quickly if you practice routinely during car rides.

Walks around the block or to the park are another opportunity to pray. Is there a beautiful sunset? Thank God for it. Do you see a small bike parked in a driveway? Pray for the protection of the young child who rides it. Do you hear sirens in the distance? Pray for whoever is facing an emergency and those who are on their way to help. Let each member of your household offer a prayer as you walk.

As you prepare for bed at the end of a long day, don't forget to pray. This can be as simple as blessing each member of the household with Holy Water, reciting the Guardian Angel Prayer, or just bidding God goodnight.

Making time for prayer does not need to be difficult or elaborate. Take a few moments throughout your day to include God in whatever you are doing. You'll both enjoy the time together.