FAMILY FAITH FORMATION
Saint Anselm Church
BRINGING FAITH TO THE HOME

Faith begins at home! It is the root and model of where we learn to love, to forgive, to recognize our imperfections. It is also a physical space that brings familiarity, safety, peace and a place to be our true selves.

Without realizing it, our external environment can often reflect our internal state. Tidy, neat and clean or chaotic, messy and dirty, there is always work to be done in the home just as there is always work to be done on our faith and Spirituality. This resource guide will hopefully help give you and your family ideas of the importance of bringing faith to the home.
PRAYERS IN THE HOME

God knows we do not always find the words to say, and that is why he gave us OUR LORD’s PRAYER. Jesus taught us that this prayer is sufficient enough.

However, when you do want to say a prayer from the heart remember to keep it simple and humble yourself in the presence of God.

Jesus said where two or more are gathered in prayer he is present. Gather together as a family and pray as often as you can. Prayer is simply having a conversation with God. Pray and wait to experience the Glory of God.

Our Lord’s Prayer: Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

PRAYERS IN THE CAR

We spend an average 10 hours a week in our cars - It is a great op-portunity to create a sacred space. You can buy a St. Christopher car magnet, Rosary beads to put around the mirror, or clip a prayer to the visor. A Simple Prayer to Pray is “St. Christopher to you we pray to guide and guard us on our way.”
O my God, teach my heart where and how to seek You,  
where and how to find You.  
You are my God and You are my all and I have never seen You.  
You have made me and remade me,  
You have bestowed on me all the good things I possess,  
Still I do not know You.  
I have not yet done that for which I was made.  
Teach me to seek You.  
I cannot seek You unless You teach me  or find You unless You show Yourself to me.  
Let me seek You in my desire,  
let me desire You in my seeking.  
Let me find You by loving You,  
let me love You when I find You.

Amen
EPIPHANY HOUSE BLESSING

Prayer:

On entering the home,
Leader (Priest, if present, or father of the family): Peace be to this house.
All: And to all who dwell herein.

All: From the east came the Magi to Bethlehem to adore the Lord; and opening their treasures they offered precious gifts: gold for the great King, incense for the true God, and myrrh in symbol of His burial.
Leader: Our Father. . .
And lead us not into temptation
All: But deliver us from evil.
Leader: All they from Saba shall come
All: Bringing gold and frankincense.
Leader: O Lord, hear my prayer.
All: And let my cry come to You.
Leader: Let us pray. O God, who by the guidance of a star didst on this day manifest Thine only-begotten Son to the Gentiles, mercifully grant that we who know Thee by faith may also attain the vision of Thy glorious majesty. Through Christ our Lord. Amen

Example: 20 + C + M + B + 19

Leader: Be enlightened, be enlightened, O Jerusalem, for thy light is come, and the glory of the Lord is risen upon thee—Jesus Christ born of the Virgin Mary.
All: And the Gentiles shall walk in thy light and kings in the splendor of thy rising, and the glory of the Lord has risen upon thee.
Leader: Let us pray.
Bless, + O Lord God almighty, this home, that in it there may be health, purity, the strength of victory, humility, goodness and mercy, the fulfillment of Thy law, the thanksgiving to God the Father and to the Son and to the Holy Spirit. And may this blessing remain upon this home and upon all who dwell therein. Through Christ our Lord.
All: Amen.

After the prayers of the blessing are recited, each room of the home is sprinkled with Epiphany water and incensed. The initials of the Magi are inscribed upon the doors with the blessed chalk. (The initials, C, M, B, can also be interpreted as the Latin phrase "Christus mansionem benedicat" which means "Christ bless this house").
RELGIOUS ART AND IMAGERY

Gazing at religious imagery is a great way to relax our minds from the chaos of the day. These images help lead us closer to the presence of God and the acknowledgment of His grace and love in our lives.

What images do you have in your household? How do they make you feel?

Home Altars

Creating a home altar is a simple way to help your family draw near the presence of God. Creating this special place for prayer and reflection is simple. You do not need to purchase anything, just simple use what you have around the house: table cloth/scarf, Cross, religious images or statues, bible, flowers, candles...etc. Place these items on a hardsurface: mantel, dresser, desk...etc.
Prayerful Eating

In our busy world with so many activities, eating together has become harder and harder. The central message of Jesus teaching, the Eucharist was centered by the meal. It had to be, it was the love that was shared around the table where true transformation happened. We are so blessed in many ways to have good healthy food. A Meal blessings sets the tone of living in gratefulness, slowing down and allowing our bodies to be nourished.

Share with your family your favorite meal - not just the food you ate, but also the ambiance and setting of the meal. What made it so special?

Prayer before Eating. Bless us, O Lord, and these, Thy gifts, which we are about to receive from Thy bounty. Through Christ, our Lord. Amen. "

Pay Attention!

It’s been a busy day, you are tired and you need to unwind, yet there are still chores to do around the home. While chores are important, it shouldn’t be a chore to listen and be present to one another. We can find ourselves getting into patterns where we are together yet in our own worlds. Technology has made this even more a problem.

Share: Do we spend too much time in front of the computer and television?

What can we do to be a lot more present to one another?
Other Ways to Incorporate Faith into the home.

Prayers before Sports Games

Prayers before bedtime

Prayers for Pets

Prayers for your Parents

Prayers of Remembrance for loved ones

Praying the rosary

Watching a religious movie from Formed

Having good uplifting Music

Tidy and Clean (Cleanliness is next to Godliness). Ensure the home Smells nice.

Forgive one another after an argument or squabble.

Children listen to your parents.

Crucifix above front door.

Don’t be afraid of bringing quiet and silence to the home.

Buy fresh flowers once in a while.
CREATING YOUR FAMILY PRAYER

Now take a moment to write down below a family prayer below.

Children - write a prayer for your parents!