

Family Page



Prayer is essential to our attempts to be good. There are really two prayers the whole family should learn and say every night before bed.

The first, of course, is the Lord's Prayer. If the children do not yet know this prayer by heart, this would be a good time to help them learn it.

The second kind of prayer is one that expresses our sorrow for having failed. This would be a sincere Act of Contrition. The little prayer below, however, is simple and easy for the children to learn and understand — and it basically says all they really need to say at their age.

Beginning this week, encourage the children to say evening prayers — especially

the two important prayers named above. The Lord's Prayer will remind them that they have a Father in heaven who cares and the Act of Contrition will assure them of God's forgiveness when they have done wrong.

For the sake of very young children, it's a good idea to make their evening prayer a family affair. Before sending the children to bed, pray together, allowing them the freedom to add their own prayers for friends and special intentions.

ACT OF CONTRITION

Dear Jesus, I am trying very hard to be good. I am sorry for the times I have failed today. Tomorrow I will try again. I know that you and the Father will help me because you are so good. I love you. Amen



explaining GOD'S WORD

First Sunday of Lent (C) • Luke 4:1-13 • March 6, 2022

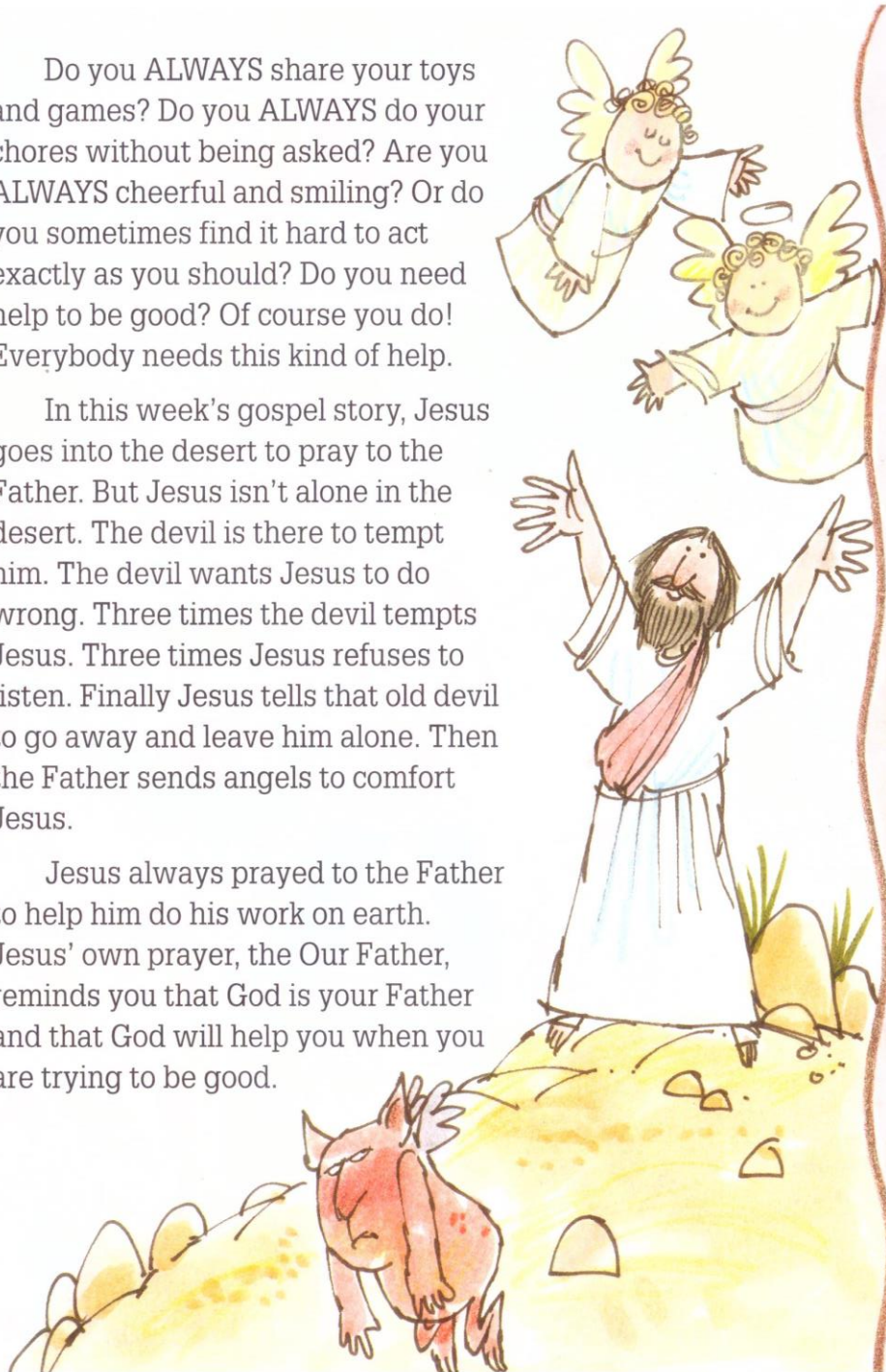


A Special Someone to Help You

Do you ALWAYS share your toys and games? Do you ALWAYS do your chores without being asked? Are you ALWAYS cheerful and smiling? Or do you sometimes find it hard to act exactly as you should? Do you need help to be good? Of course you do! Everybody needs this kind of help.

In this week's gospel story, Jesus goes into the desert to pray to the Father. But Jesus isn't alone in the desert. The devil is there to tempt him. The devil wants Jesus to do wrong. Three times the devil tempts Jesus. Three times Jesus refuses to listen. Finally Jesus tells that old devil to go away and leave him alone. Then the Father sends angels to comfort Jesus.

Jesus always prayed to the Father to help him do his work on earth. Jesus' own prayer, the Our Father, reminds you that God is your Father and that God will help you when you are trying to be good.



The LORD'S Prayer

Here is Jesus' prayer for you to learn and say. Oh, but there are some words missing. Can you fill them in?

Our Father,

Who Art In _____,

Hallowed Be Thy Name;

Thy Kingdom Come; Thy _____ Be

Done On _____ As It Is In Heaven.

Give Us This Day Our Daily _____; And

Forgive Us Our _____

As We _____ Those Who

Trespass Against Us, And Lead Us Not

Into _____,

But Deliver Us From _____.

AMEN

MISSING WORDS:

EARTH WILL BREAD EVIL
HEAVEN TEMPTATION TRESPASSES FORGIVE