



# Seek First the Kingdom

*Parents in Partnership with God – Sharing Faith with Children*

*A Ministry of the Sisters, Servants of the Immaculate Heart of Mary, Immaculata, Pennsylvania*

## PARENTS – FIRST TEACHERS OF PRAYER Part 1 of 6: Prayer Prompts

As the *First Herald of the Gospel* to children, it is the parent-privilege to introduce a child to God and to prayer-ways that engage the child in conversation with God.

Conversation leads to knowing;  
knowing leads to loving;  
loving leads to serving.

This bulletin is one of six newsletters:

- Prayer Prompts
- Parent Blessings
- Love for Scripture
- Blessed Sacrament Prayer
- Participation in Mass
- Sunday Gospel “Take-Aways”

May the suggestions that follow support you, the parent, to fulfill this divine task.

Anything that **lifts the mind and heart to God** can lead to prayer.

A compelling sunset, a breeze on a hot, sunny day, the roar of the ocean, a star-studded sky, a canoe slicing through lake water, a kayak surrounded by a pod of dolphin, the smile of a friend, music, artwork, satisfaction at a task accomplished, a kindness observed, the crucifixion scene, the grave site of a loved one, a newborn infant, the first glimpse of the Grand Canyon, . . . ANYTHING can stir a soul to think of God. **When thinking leads to talking PRAYER is born.**

**Prayer is merely conversation.** . . . a two-way conversation . . . where the soul speaks and the soul listens to God speak.

God speaks in multiple ways and, probably speaks differently to each person according to that person’s personality or particular circumstances. Learn how to listen. **HEADS UP!** God speaks softly. Step away from the noise and busy-ness of life to **LISTEN.**

### Common PRAYER PROMPTS that easily lead to conversation with God include the following ideas:

- **SIMPLE SENTENCES** like, *Bless my family; Jesus I love you; Mary, help me to be more like you.*
- **ASPIRATIONS** like, *“Sacred Heart of Jesus, I place my trust in you.” “Jesus, have mercy on me, a sinner.”*
- **FORMULAS** like, the *Our Father, Hail Mary, Act of Contrition, the Divine Praises.* Explain the vocabulary and meaning.
- **POEMS** like *“Angel of God, my guardian dear! To whom God’s love commits me here. Ever this day be at my side to light, to guard, to rule, and to guide. Amen.”*
- **SONGS, HYMNS** from selections of religious music that touch your heart
- **GUIDED MEDITATION** - Booklets are available in religious goods stores that provide parent scripts to read to the child.
- **ROSARY** - Talk about the mystery (the story). What message does it hold for today? Review the meaning of the *Hail Mary* and *Our Father*. Pray a decade (ten beads). End with the prayer *Glory Be* to the Father . . .
- **STATIONS OF THE CROSS** - Build up awareness of each station. Discuss the story. Take a message for today and turn it into a prayer of petition or thanksgiving. Eventually walk around all 14 Stations.