

TRY PRAYER!

It Works!

Contest 2022

This year's theme, "The Holy Family," will help you and your family explore how the Holy Family of Jesus, Mary, and Joseph can inspire you and intercede for you as you strive to be the family that God created you to be. Through family prayer, especially the Rosary, Mary will show you how your family can respond to God's unique call to be a channel of His love and light in the world. Discover how the presence of Jesus, Mary, and Joseph can transform your family life!



Family Rosary

HOLY CROSS
FAMILY MINISTRIES

FamilyRosary.org

FAMILY ACTIVITY

THE HOLY FAMILY

Inspired by our founder, Venerable Patrick Peyton, the *Try Prayer! It Works! Contest* focuses on Father Peyton's message: "The family that prays together stays together." To strengthen family prayer in your home, we've included a family-faith experience that takes you and your family through a reflective, enriching journey.

Our goal is to bring the Church's teachings to life around the dinner table with discussion prompts, reflection questions, prayer ideas, and creativity. Together, welcome God and the Blessed Virgin Mary into your family life and let them inspire you in writing, drawing, filming, or painting.

Dear family, we encourage you to take time tonight during or after dinner to go through each of these steps, contemplate the prompts, and finish in prayer together.

■ STEP 1: LIGHT A CANDLE

Begin by choosing someone to light a candle for the center of the table. Turn off any devices that might be distracting, such as cell phones, televisions, and computers. Enjoy a moment of silence with your family. Be attentive to the presence of God among you. Once the room is settled, continue to the next step.

■ STEP 2: OPEN WITH PRAYER

Ask someone to open with a prayer through the intercession of Our Blessed Mother. Use the prayer we provide below or create your own.

Lord, thank You for gathering us together. May Your Holy Spirit guide our conversation. Teach us to be like the Holy Family by putting You first in our lives, loving and honoring each other, and showing Your love to everyone we meet. We ask this through the intercession of Mary, and so we pray: "Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou among women, and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of

God, pray for us sinners, now and at the hour of our death. Amen."

STEP 3: FAMILY REFLECTION

- Once you've finished the opening prayer, take a moment to imagine the life of the Holy Family of Jesus, Mary, and Joseph. From the Holy Family, you can learn about God's plan for you and your family. But first, let's recall some of the details to help us picture their life. Choose a member of the family to read the text below out loud while everyone reflects on the life of the Holy Family.

After Jesus was born in Bethlehem, Mary and Joseph fled with Him to Egypt to escape from King Herod, who was a jealous and angry king. Then, they returned together to Nazareth, where Jesus spent His childhood and young adulthood.

The Bible doesn't give us many more details, but you can use your imagination. We know that Joseph was a carpenter and it's likely that he taught Jesus carpentry, too. They weren't a rich family, but they were happy together because they loved each other. Isn't it amazing that Jesus, who is God Himself, was dwelling in this

simple household? He was growing up and experiencing the joys and challenges of life, just like we do. Mary and Joseph taught Jesus to pray, and they prayed often as a family, thanking God for His gifts and praising Him for His goodness.

Something astounding about the Holy Family is that they did ordinary things with extraordinary love. For example, Mary and Joseph always honored each other as husbands and wives promise to do on their wedding day—and they did it perfectly! Their example showed Jesus and everyone they met how to practice love. Sometimes, this meant that Joseph had to work long hours in his shop or Mary had to stay up during the night with baby Jesus.

As Jesus got older, He listened to His parents and learned to be gentle, humble, loving, courageous, and faithful like them. It's a good thing He did! He had the most important mission to fulfill.

■ STEP 4: FAMILY DISCUSSION

Now that you've reflected on the passage above, discuss these questions together:

1. Describe a typical day for the Holy Family. What is a typical day like for our family? What are some of the special characteristics of the Holy Family that our family could imitate?
2. Use your imagination to describe the different roles that Mary, Joseph, and Jesus played in the Holy Family. How did they show love for each other in the tasks they carried out?
3. Jesus is the Son of God, but He still had to learn from Mary and Joseph how to worship His Father in Heaven. How can our family be a "little church" where we worship God together in our everyday life?

How does our family already show the love of God to people we meet?

4. One way that the Holy Family is different from our family is that Jesus, Mary, and Joseph never hurt each other. But sometimes, in our family, we do hurt each other. What should we do when we realize that we've hurt someone in our family?

■ STEP 5: GET CREATIVE

Decide as a family what your *Try Prayer! It Works!* Contest entry will look like.

For example:

1. Write about a real story from the life of your family when love and faith got you through a hard time.
2. Interview a grandparent or someone else in your family about what it means to imitate the Holy Family.
3. Draw or paint a picture showing love in action in your family or in the Holy Family.
4. Create a short video of your family talking about the importance of faith and love in family life.

Students in grades K – 3 may select one of the pictures of Mary and color, paint, or decorate it. You may download the pages at www.FamilyRosary.org/TryPrayer. You are welcome to color/paint/decorate all of the pages, but only a single page will be accepted for the contest.

We encourage you and your family to brainstorm together as you design your project. Refer to the Contest Rules & Guidelines or visit FamilyRosary.org/TryPrayer for more information.

■ STEP 6: CLOSE WITH PRAYER

O Jesus, You are the Son of God. In being born of the Blessed Virgin Mary, You became part of a human family. You showed us that family life is made holy by Your presence and You invited us into the family of God. Please grant that our family might imitate the love of Your Holy Family and become a channel of Your light in the world.

Good Saint Joseph, guard and protect our family. Teach us to serve God in everything we do.

Mother Mary, we entrust our family to your care. In becoming Jesus' Mother, you became our Mother, too. We ask you, therefore, to guide our family along the path of holiness, so that we might enjoy eternal life with God in Heaven. Amen.

CONTINUE THE JOURNEY:

If you are looking for other activities to engage your family, visit FamilyRosary.org for family prayer resources.

Thank you for taking the time to pray with your family! We encourage your family to have similar daily conversations to strengthen your faith. As Father Patrick Peyton said, "The family that prays together stays together." For more reflections and meditations, visit our blog at Blog.FamilyRosary.org.

We look forward to receiving your contest submission! You're always in our prayers at the Father Peyton Center in North Easton, Massachusetts, USA.

Blessings to you and your family,

Father Willy Raymond, C.S.C.
President, Holy Cross Family Ministries

AWARDS:

Each first-place winning entry will be awarded \$100.00 USD, and each sponsoring institution of the first-place winners will receive \$100.00 USD.

