

Grades K-1

Dear Parents,

In your child's folder, you will find a prayer booklet. Last month we used the Our Father at the beginning and end of most of the lessons. This was a great way to familiarize your child with the prayer if they do not already know it by heart. This month might be a good time to not only encourage your child to learn this prayer by heart, but to go over with him/her what each part of the prayer means and what we are really thanking God for as well as asking Him for. Since we are talking a lot about trust quite a bit this month, Thy will be done, fits right in with the lesson.

All of the prayers in the book are good to learn by heart and understand. But the most important part is praying as a family as well as teaching your child to pray on his/her own as well. Remind him/her that they can talk to Jesus anytime and He will hear them. They can ask for blessings for themselves or for others just like an adult can, maybe even better.

Our posture of prayer is a good thing to discuss too. For our youngest ones, though, it might mean learning to make the sign of the cross properly and with intention. Again, taking time to explain a little bit about the Trinity will help here. Another age appropriate posture of prayer is just being respectful and sitting still for a prayer at mealtime or bedtime. In church, we all know that sitting still is hard enough, but if we set the expectation that the kids will copy the adults, our kids will often rise to the occasion. Most of the time. When they don't have an older sibling baiting them.

This will begin your child on a prayer life which will hopefully become a loving conversation between your child and the God who loves him/ her more than we can ever imagine. Just remember that the best lesson in prayer and in anything for your child is your example.

God Bless!