



A PRAYER SERVICE FOR YOUR HOME



1. Set up a Sacred Space

- Gather a few religious items from around your house to make a small prayer space. Consider including:
 - A Bible
 - A candle
 - A Crucifix, Cross, or picture of Jesus
 - A rosary or images of Mary and the saints.
 - Holy Water
 - Paper & pencils for writing prayer intentions
 - If you have children, have them draw pictures of Jesus, or a saint and include their drawing.



2. Begin with the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.

R: Amen.



3. Read and Reflect on the Scripture Readings of the Day



You can find the daily readings at usccb.org/bible/readings.

Begin each reading: A reading from...

End each reading: The Word of the Lord, *R: Thanks be to God.*

End the Gospel reading: The Gospel of the Lord, *R: Praise to You, Lord Jesus Christ.*

Watch a Gospel reflection or use these questions to reflect on one of the readings

- Daily reflection: usccb.org/bible/reflections
- Sunday Reflection: youtube.com/washarchdiocese

For Adults:

1. What words, images, or ideas stood out for you in the reading?
2. How do those words, images, or ideas relate to your life right now?
3. What is God saying to you? What is He asking you to do?

For Children:

1. What's happening in this Bible story? What are the people thinking or feeling in this story?
2. How do you see God working in this Bible story?
3. What did you learn from this Bible story?

4. Share Prayer Intentions

Consider reading aloud these prayer intentions; then go around and invite everyone present to share a prayer intention.

Leader: Lord, we turn to you with all our hopes and fears, our joys and our sorrows. Hear our prayers, fill our hearts with hope, and grant us your peace.

Leader: For all people of faith, that we may find closeness to God and His Church, even in times of isolation. We pray to the Lord. *R: Lord hear our prayer.*

5. Pray the Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.



6. Pray an Act of Spiritual Communion

An Act of Spiritual Communion by St. Alphonsus Liguori:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.



7. Closing Prayer

Close with the following prayer of thanksgiving - even in difficult times, we can foster a heart of gratitude!

Lord, we thank you for this time of prayer and for our community of faith who, even in this time of isolation, are drawn together in our continued worship of You. We entrust all our prayers, work, joys, and sufferings to You, Lord Jesus, and ask you to fill our hearts with hope and love. For what do we give thanks?

After everyone has a chance to share, end with:

Leader: Give thanks to the Lord, for He is good

R: His mercy endures forever.

Leader: May the Lord bless us, protect us from all evil, and bring us to everlasting life. In the name of the Father, and the Son, and the Holy Spirit. *R: Amen.*



8. Prayer Moves Us to Action

As we draw closer to the Lord in prayer, He helps us to see the needs of our brothers and sisters. Who do you see in need?

- Write a thank you note to workers in hospitals, nursing homes, grocery stores, etc. Thank them for working hard to insure health and safety for all of us.
- Send snail mail! Make cards for elderly neighbors or the homebound to brighten someone's day.
- Buy non-perishable food items and drop them off at your local parish or food pantry.



Leader: For local and world leaders, may God guide them in making decisions for the common good. We pray to the Lord.

R: Lord hear our prayer.

Leader: For the sick, the vulnerable, the fearful, and the lonely, may God bring them healing, comfort, and peace. We pray to the Lord.

R: Lord hear our prayer.

Leader: For what else shall we pray? (Allow each person to share a prayer intention, responding after each prayer with: We pray to the Lord. *R: Lord hear our prayer.*)