



A family that forgives.

This Prayer Station reminds us of the importance of love and mercy in the family home, and explores how saying thank you, sorry and please can be part of daily family life.

Ask

Take a few moments to look at the picture – when in the day is this photo taken?

Answer: This is a photo of a sunset; it is taken at the end of the day. The Bible teaches us that we should not go to bed angry with each other but we should always sort things out and say sorry.

Do not let the sun go down on your anger.

EPHESIANS 4:26B



Read aloud

Hold a teaspoon. When we shorten the word teaspoon, we use the letters TSP. This can be a helpful reminder for prayer.

T stands for Thanks – We can thank God for the blessings of today for the sunshine or the rain that makes the plants grow, for fresh air and a smile...these are all blessings.

Ask: Can you think of something to say thank you to God for?

S can stand for Sorry - Take a moment to think if there is anything you need to say sorry to God for. Is there someone in your family or that you know that you need to say sorry to? Say a quiet sorry prayer in your heart.

Ask: If there is someone you need to say sorry to? Perhaps you could speak to them and ask them to forgive you. Maybe you could send them a text or write them a note.

P can stand for Please - Take a moment to ask God to please bless your family and those people that come to mind.

Ask: Can you think of someone that needs you to pray for them?

Do

Take the teaspoon home to help you remember the TSP for family prayer.

Optional Reflection

You might like to go to the Sacrament of Reconciliation (Confession) in the next few weeks. If you haven't been for while there are online Catholic Apps that can help you with this.

