

Praying through Easter: Tips for Family Prayer

*Easter Sunday is only the first day of the **Easter Octave**. For 50 days (7 weeks), Christians celebrate what it means to be part of God's Church – to be joy-filled witnesses of God's gift of new life. The Easter season ends with **Pentecost** (May 23, 2021), the sending of the Holy Spirit.*



Make Time

Just like you would prepare to go to Church, decide on a time to pray together as a family intentionally and meaningfully on Easter Sunday, April 4th.



Prepare a Space

Create a space to gather and pray together. Include signs and symbols of the Church, and of the season to capture the importance of these times of prayer: a white table cloth; a candle; a Crucifix; and a Bible opened to the Gospel reading of the day. Consider how your family might include singing and music in your time of prayer.



Pray

Begin by asking everyone in your family to share what they would like to offer in prayer. *What is something you are thankful for? Is something challenging you? Is there someone who has asked you to pray for their needs?* Next, listen to Bishop Dabrowski's Easter Reflection. Parent(s), try to make connections for your children.



Celebrate Together

Contact your parish to learn about in-person and online opportunities for attending Mass and liturgies during Holy Week, on Easter Sunday, and continuing until Pentecost. Invite your extended family and friends to reflect on the Gospel of the day with you, using digital platforms. Try to include prayer into your daily routine – when you wake up, before meals, before bed.



Reflect

Continue to reflect on Bishop Dabrowski's Easter Reflection each day, and help your children to do the same. Ask questions like:

- The empty tomb is a sign of new life. What signs of new life do you notice in nature?
- Like Mary Magdalene and the disciples, we are called to seek the risen Jesus. How do you recognize the presence of Jesus with you each day?
- Easter is an invitation to draw closer to Jesus. What can we do to draw closer to Jesus as a family?

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