



Family Prayer Journal

PRAY · REFLECT · GROW TOGETHER



A little room for God, every day.

LIFE OF A CATHOLIC

Begin together

A simple rhythm for your household. Reprint the writing pages whenever you need them.

1. Gather

Choose a familiar moment: after dinner, before bedtime, or on Sunday afternoon. Put distractions aside for a few minutes.

2. Give thanks

Invite each person to name one good thing. A child can draw a picture instead of writing.

3. Remember someone

Bring a person or situation to God. No one needs to share a private worry aloud.

4. Pray and respond

Use your own words or a familiar prayer. Choose one small act of kindness to carry into the day.

Our family prayer time will be...

Today, we bring You...

Date: _____ Let each person write, draw, or simply pray quietly.

Something we are thankful for

Someone we want to remember in prayer

One way we can share kindness today

Our prayer intentions

Keep the people in your life close in prayer. Return to this page through the week.

PERSON OR INTENTION	DATE / A NOTE TO REMEMBER

An answer may unfold slowly. Keep this page with patience, gratitude, and care for the people named here.

Looking back with love

Week of: _____ A gentle review, without grading anyone's prayer.

A moment when we noticed goodness

Where we need forgiveness or a fresh start

One family habit to carry into next week
