



## WHAT IS PRAYER?

Prayer is defined as “raising one’s mind and heart to God, or the petition of good things from him in accord with his will” (Compendium of the Catechism of the Catholic Church, 534). In prayer, we turn our whole attention to God, offer him praise and, seeking only his will, ask for what we need. We are obliged to pray, but prayer is also God’s gift to us. It is how we grow in our friendship with Christ, who, in the power of the Holy spirit, leads us to the father of mercies. In a sense, prayer is something natural. Each human being is created in God’s image and, in spite of original sin, every person retains a desire for

## FAMILY PRAYER

659 The family as a blessed community grows in the spouses’ personal communication with God and between themselves, that is, in prayer. Having arranged a place in their home for prayer (the icon corner), the family also sets aside time for prayer. According to Christian tradition, the family prays in the morning and in the evening, before a meal and after it. The Daily Prayers in the Horologion (or prayerbook) are an initial rule of prayer for a family. During family prayer, the children learn as they pray with their parents: they listen to the daily prayers and progressively absorb them. As they grow in common prayer, members of the family overcome the temptation to mutual estrangement and egoism. Family prayer prevents domestic quarrels and divorces; it reduces generational conflicts and teaches reconciliation and forgiveness.

659 Сім’я як благословенна спільнота зростає у спілкуванні подругів з Богом і між собою, тобто в молитві. облаштувавши в домі місце для молитви (покуття), сім’я відводить для молитви також і свій час. За християнською традицією сім’я молиться вранці та ввечері, перед трапезою і після неї. Щоденні молитви з Часослова (молитовника) є початковим молитовним правилом сім’ї. діти під час родинної молитви вчаться молитися разом із батьками: вони слухають щоденні молитви й поступово вивчають їх. Зростаючи в спільній молитві, члени родини долають спокуси взаємного відчуження й самолюбства. родинна молитва запобігає сімейним сваркам і розлученням, конфліктам між поколіннями, вчить миритися і пробачати.