

STEWARDSHIP OF TIME

Devoting a proper portion of time
to prayer, to worship, to the family, and to community involvement.

Your Day in Prayer

Morning

Morning offering (can take many forms, but it is an intentional focusing on who we are as disciples of Jesus Christ as we begin our day)

During the Day

Join in the prayer of the Church with the Liturgy of the Hours: www.universalis.com

Rosary (some people pray the rosary during their daily walk, while driving or waiting to pick up their children)

Gospel reading/reflection for the day (one good resource that takes just a few minutes is www.pray.nd.edu offered through the University of Notre Dame)

Spiritual reading (the writings of the saints, for example, or ask for a recommendation from a spiritual friend)

Quiet prayer ("...frequent solitary conversation with Him who, as we know, loves us." St. Teresa of Avila)

Intercessory prayer (for the Church, for those you encounter during your day, for those who have asked for your prayers, for your enemies, etc.)

Short prayers of faith and love and/or pleas for help (Lord I do believe, help my unbelief...Holy Spirit please guide me...Lord, have mercy on me...etc.)

Personal Devotions (Marian devotions, ask your patron saint to pray for you, etc.)

Try joining prayer to the particular rhythm of your day (pray for your children whenever you pass their school; develop the habit of praying for God's grace before you enter a meeting, or see a new patient/client; etc.)

Evening

Examination of Consciousness (St. Ignatius, resources available on line)

The Examen in a Nutshell

The “examen” is a method of reviewing your day in the presence of God. It is actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15-20 minutes per day. Here it is in a nutshell:

1. **Ask God for light** – I want to look at my day with God’s eyes, not merely my own.
2. **Give thanks** – The day I have just lived is a gift from God. Be grateful for it.
3. **Review the day** – I carefully look back on the day just completed, being guided by the Holy Spirit.
4. **Face your shortcomings** – I face up to what is wrong, in my life and in me.
5. **Look toward the day to come** – I ask where I need God in the day to come.

Night

Rest in God (can take many forms, but in essence it is a visualization or prayer that says, “Into Your hands I commend my spirit” and “Jesus, I trust in You”)

If you wake up in the night and cannot sleep, begin praying for those who are in great need.

For Families with Children

Encourage children to make an age appropriate morning offering (for example, “God thank you for this day and please help me,” etc.)

Regularly read stories to them from a children’s Bible and a children’s Book of Saints (as they eat breakfast, for example)

Be attentive to teaching examples during the day (praising examples of peace making and compassion, or talking about the harm caused by gossip or dishonesty as specific situations occur)

Reflect our beautiful faith in your home environment (with a crucifix, bible, holy water font, religious art, etc.)

Take turns saying grace at dinner

Go around the dinner table giving everyone the opportunity to say what they are especially thankful to God for that day

Sing songs of faith with children (“Peace is Flowing Like a River” while riding in the car, for example)

Celebrate anniversaries of baptism (for example re-lighting child’s baptism candle, having a special prayer, and maybe celebrating with a white cake)

Make time daily for quiet prayer as a family (perhaps starting with 10 minutes before bedtime and working up to 15-20 minutes)

Say the rosary as a family but maybe start with just a decade with your young children focusing on a specific mystery and discussing its meaning.