

- Monthly, February 2018
- Vol. 15, Part 3
- Section I of 6

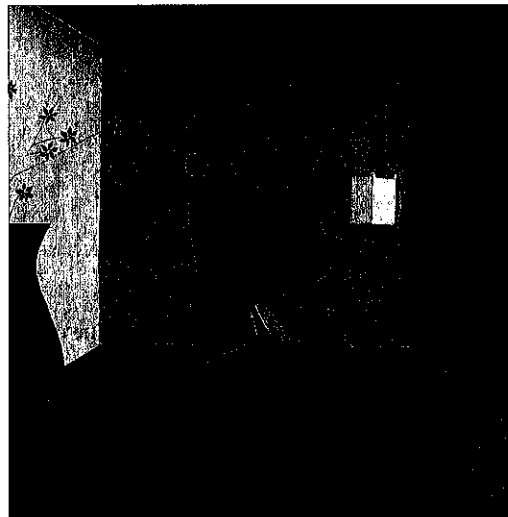
MagnifiKid!

Dear parents,

As it is for many adults, February is often the most tiring month for our children. They are in the middle of the school year, winter seems endless, and it is hard to imagine that spring will ever arrive. This year, half of the month is in Ordinary Time, and half is in Lent. Lent is likely to make the month feel even longer—unless we teach the children that Lent is actually a special season of joy. The simplicity of the desert is not meant to make life dull, but to enhance our longing for God. Just as exercise improves our health and our ability to enjoy moments of relaxation, so fasting and prayer aid our ability to love and give meaning to all that we do. The disciplines of Lent are not ends in themselves, but exercises for the good of our souls. So, let's get in shape! May this shortest month fly by with cheerful attitudes and hopeful hearts.

● Pray as a family

This month MagnifiKid! suggests centering your family prayer around the psalms. For three thousand years, Jews and Christians alike have used these beautiful songs in their private and communal prayer. By introducing our children to these words, we are offering them a treasure which has been passed down from generation to generation. From the time of King David onward, the psalms have been prayed by countless men and women—including the Apostles, the Blessed Mother, even Jesus himself. When your family recites the psalms, you are uniting yourselves in prayer with the Church and with holy people throughout the ages.



● Pray using the psalms

The structure of the family prayer this month is very simple. It mainly involves slowly and reverently reading the Sunday psalms together. However, each week, MagnifiKid! suggests that you pay particular attention to one verse of the psalm. You might suggest to your children that they copy this selected verse onto a colorful piece of paper prior to your family's prayer time. Younger children can take part by decorating the paper with drawings or stickers. If you have a family prayer corner, the children can place these verses there during the prayer.

The parent who is leading opens the prayer with:

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

All make the sign of the cross.

The parent continues with:

"Let us give thanks to the Lord our God as we begin our prayer."

All read the psalm and end it by saying together:

"Glory to the Father, to the Son, and to the Holy Spirit; to God who is, who was, and who will be for ever and ever. Amen."

The parent who is leading reads the chosen verse, while one of the children goes to put it into the prayer corner. Then the parent ends the prayer by saying:

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

All make the sign of the cross.

February 4th: Psalm 147 (page 5)

Bring special attention to:

"Praise the LORD, for he is good; sing praise to our God, for he is gracious."

February 11th: Psalm 32 (page 6)

Bring special attention to:

"Be glad in the Lord and rejoice, you just; exult, all you upright of heart."

February 18th: Psalm 25 (page 6)

Bring special attention to:

"In your kindness remember me, because of your goodness, O Lord."

February 25th: Psalm 116 (page 6)

Bring special attention to:

"To you will I offer sacrifice of thanksgiving, and I will call upon the name of the Lord."



- Monthly, February 2018
- Vol. 15, Part 3
- Section I of 6

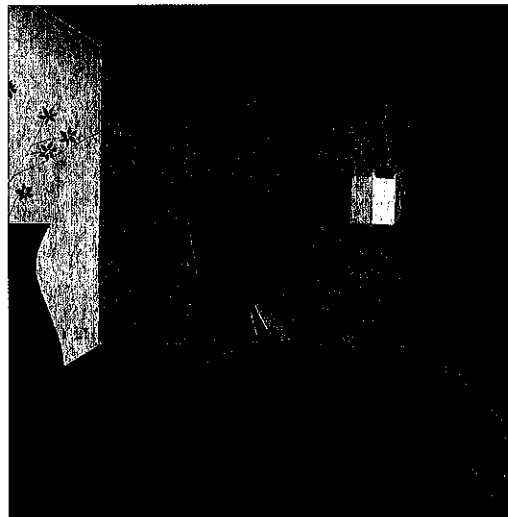
MagnifiKid!

Dear parents,

As it is for many adults, February is often the most tiring month for our children. They are in the middle of the school year, winter seems endless, and it is hard to imagine that spring will ever arrive. This year, half of the month is in Ordinary Time, and half is in Lent. Lent is likely to make the month feel even longer—unless we teach the children that Lent is actually a special season of joy. The simplicity of the desert is not meant to make life dull, but to enhance our longing for God. Just as exercise improves our health and our ability to enjoy moments of relaxation, so fasting and prayer aid our ability to love and give meaning to all that we do. The disciplines of Lent are not ends in themselves, but exercises for the good of our souls. So, let's get in shape! May this shortest month fly by with cheerful attitudes and hopeful hearts.

● Pray as a family

This month MagnifiKid! suggests centering your family prayer around the psalms. For three thousand years, Jews and Christians alike have used these beautiful songs in their private and communal prayer. By introducing our children to these words, we are offering them a treasure which has been passed down from generation to generation. From the time of King David onward, the psalms have been prayed by countless men and women—including the Apostles, the Blessed Mother, even Jesus himself. When your family recites the psalms, you are uniting yourselves in prayer with the Church and with holy people throughout the ages.



● Pray using the psalms

The structure of the family prayer this month is very simple. It mainly involves slowly and reverently reading the Sunday psalms together. However, each week, MagnifiKid! suggests that you pay particular attention to one verse of the psalm. You might suggest to your children that they copy this selected verse onto a colorful piece of paper prior to your family's prayer time. Younger children can take part by decorating the paper with drawings or stickers. If you have a family prayer corner, the children can place these verses there during the prayer.

The parent who is leading opens the prayer with:

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

All make the sign of the cross.

The parent continues with:

"Let us give thanks to the Lord our God as we begin our prayer."

All read the psalm and end it by saying together:

"Glory to the Father, to the Son, and to the Holy Spirit; to God who is, who was, and who will be for ever and ever. Amen."

The parent who is leading reads the chosen verse, while one of the children goes to put it into the prayer corner. Then the parent ends the prayer by saying:

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

All make the sign of the cross.

February 4th: Psalm 147 (page 5)

Bring special attention to:

"Praise the LORD, for he is good; sing praise to our God, for he is gracious."

February 11th: Psalm 32 (page 6)

Bring special attention to:

"Be glad in the Lord and rejoice, you just; exult, all you upright of heart."

February 18th: Psalm 25 (page 6)

Bring special attention to:

"In your kindness remember me, because of your goodness, O Lord."

February 25th: Psalm 116 (page 6)

Bring special attention to:

"To you will I offer sacrifice of thanksgiving, and I will call upon the name of the Lord."

