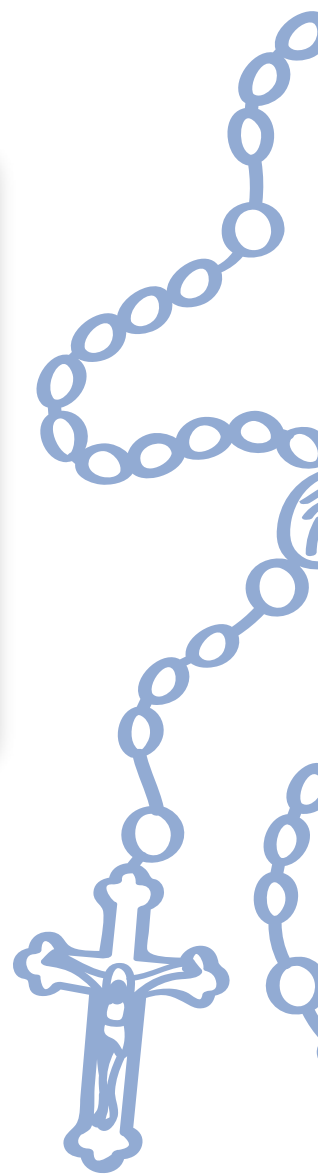


# 2025 TRY PRAYER!

*It Works!* **CONTEST!**



This year's theme, "Prayer, My Pathway to Peace," will help you and your family unite in a deeper way while praying for the Lord's infinite peace for your family and all the world. Through praying as a family, especially the Holy Rosary, Mary will share her motherly love and help guide you to become vessels of her Son's peace and love. Our life can seem ordinary, and our day-to-day gets busy, but don't forget that God has called you by name and has an extraordinary mission for your family.



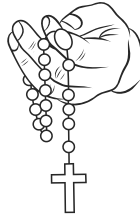
**Family Rosary**

HOLY CROSS  
FAMILY MINISTRIES

## OPEN WIDE THE DOORS OF YOUR HOME TO CHRIST

Inspired by our founder, Venerable Patrick Peyton, the Try Prayer! It Works! Contest focuses on Father Peyton's message: "The family that prays together stays together." To strengthen family prayer in your home, we're sharing a family-faith experience that takes you and your family through a reflective, enriching journey.

We strive to bring the Church's teachings to life around the dinner table, family time, or even your daily commute with discussion prompts, reflection questions, prayer ideas, and creativity. Together, welcome the Trinity along with the Blessed Virgin Mary into your family life and let them inspire you in writing, artwork, or video production.



## FAMILY ACTIVITY

Dear family, we invite you to complete the following steps, contemplate the prompts, and end in prayer together. Time in prayer, especially as a family, is always a blessing.

### STEP 1: LIGHT A CANDLE

Begin by choosing someone to light a candle for the center of the table. Turn off any devices that might be distracting you, such as cell phones, televisions, and computers. Enjoy a moment of silence with your family. Focus on the presence of God among you. Once the room is settled, continue to the next step.

### STEP 2: OPENING PRAYER

Ask someone to open with a prayer through the intercession of our Blessed Mother. Use the prayer we provide below, or create your own.

Dear Jesus, thank You for gathering us together. May Your Holy Spirit guide our conversation. We thank You especially for sharing Mary, Your Mother, with us so that she can be our Mother, too. Blessed Mother Mary, please pray that we may always choose your Son above all else and that our family may become witnesses to His peace.

"Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou among women, and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."



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### STEP 3: FAMILY REFLECTION

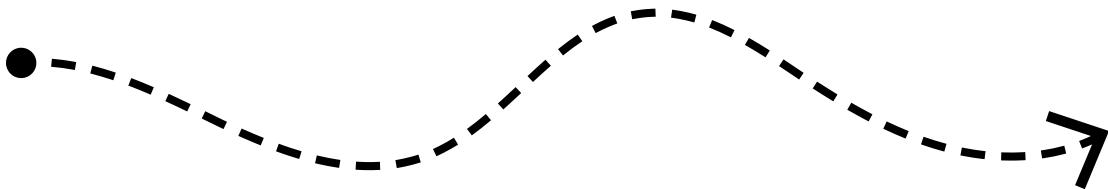
Following the Opening Prayer, please choose a member of your family to read the following reflection on family life:

It seems so difficult to get a moment of peace and quiet in this world of constant distractions. There is always some noise drawing our family's attention—notifications on our phones, the blaring of the TV, and the steady influx of news and information. When the world demands our attention, leaving our family members divided and distracted, how are we to respond?

The answer is quite simple—pray. Prayer is our pathway to peace. In the Gospels, Jesus often retreats into prayer when He needs a moment of rest and to prepare for whatever He needs to do next. When the vast crowds demanded His attention, His response was to step away in prayer with His Heavenly Father. When Jesus preached all day, the Gospel of Matthew says, "After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone" (Matthew 14:23). When each of us seems to be carried off by the distractions of the world, Jesus is showing us how we are to respond.

The Rosary, in particular, is a perfect means of attaining this peace. The meditative recitation of the Rosary not only brings peace but also fosters a deep focus on the Lord. As Saint John Paul II wrote, "One cannot recite the Rosary without feeling caught up in a clear commitment to advancing peace..." (Rosarium Virginis Mariae, 6).

We are all invited to seek the peace of Christ through prayer! In the discussion questions below, we discover how prayer is truly our pathway to peace as a family!



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## STEP 4: FAMILY DISCUSSION

- Consider how much God loves us and the many ways He shows us His love. Think about how God created us and how Jesus died for us on the Cross. How can our family follow God's example in how we treat each other?
- In family life, we discover that God desires to be a Father and close friend to each of us. As in other relationships, we have to talk to God if our friendship with Him will become stronger. Prayer is a conversation with God that makes this possible. Do we take time to pray together as a family? How can we help each other make prayer a more central part of our life together?
- Parents play important roles in revealing God's love to their children. They do this, especially by loving in difficult times and in good ones. What does this teach us about God's love? (Hint: Does God love us in good times? Does He love us in difficult times, even when we make mistakes or sin?)
- The Sacraments are tangible ways God draws close to us to teach us who He is. Does our family receive the Sacraments—especially by attending Mass (and receiving the Eucharist) as well as going to Confession? How can we allow the Sacraments to transform our family more fully? (Hint: Do we remember that when we've received the Eucharist, we bring Jesus home with us? Do we reconcile with each other in addition to asking God's forgiveness in Confession?)
- Consider the example of the Holy Family of Jesus, Mary, and Joseph. What are some of the ways they fulfilled God's mission for the family? How can we imitate them in our daily life?



## STEP 5: GET CREATIVE



Time to create your Try Prayer! It Works! Contest entry. Here are some ideas to get you started:

- Share your personal experience with prayer and how it brings you peace. You might want to discuss how you plan to pray after the family activity or reflect on a specific moment.
- Interview a grandparent or someone else in your family about how faith and friendship with God got your family through a difficult time and gave them peace.
- Create art that shows how your family grows in holiness by welcoming Jesus into your daily activities. What does a world at prayer look like to you?
- For those in grades 9-12, you can create a short video demonstrating how prayer can be a pathway to peace in our hearts, homes, and/or world.

We encourage you and your family to brainstorm together as you design your project. For more information, please refer to the Contest Rules & Guidelines or visit [FamilyRosary.org/TryPrayer](https://FamilyRosary.org/TryPrayer).



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## STEP 6: CLOSE WITH PRAYER

O Jesus, You are the Son of God. In being born of the Blessed Virgin Mary, You became part of a human family. You showed us that family life is made holy by Your presence and You invited us into the family of God.

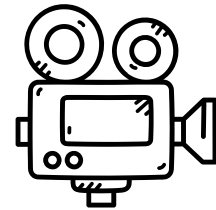
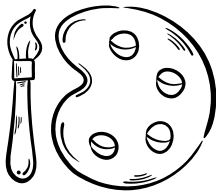
Today, our family seeks to experience Your peace. We ask for the courage to seek Your forgiveness and healing in the Sacrament of Reconciliation. We ask for a love of Your presence in the Holy Eucharist. Finally, we ask that the grace we receive in these sacraments might strengthen our love for each other and for everyone we meet.

Mother Mary, we entrust our family to your care. In becoming Jesus' Mother, you became our Mother, too. We ask you, therefore, to guide our family along the path of holiness, so that we might enjoy eternal life with God in Heaven. Amen.

## CONTINUE THE JOURNEY

If you are looking for other activities to engage your family, visit [FamilyRosary.org](http://FamilyRosary.org) for family prayer resources.

Thank you for taking the time to pray with your family! We encourage your family to have similar daily conversations to strengthen your faith. As Father Patrick Peyton said, "The family that prays together stays together." For more reflections and meditations, visit our blog at [Blog.FamilyRosary.org](http://Blog.FamilyRosary.org).



**We look forward to receiving your contest submission!**

**You're always in our prayers at the Father Peyton Center in North Easton, Massachusetts, USA.**

**Blessings to you and your family,  
Father Fred Jenga, C.S.C.  
President, Holy Cross Family Ministries**

## AWARDS

**Each first-place winner will receive \$150, second-place winners \$100, and third-place winners \$75.  
Prizes will be awarded in each age bracket and each category from all entries.**

**\*For further reading on Saint John Paul II's vision of the family's mission, see Familiaris Consortio 17.**



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