

# The Importance of Family Prayer and Mass

1. Stability - To establish stability in the spiritual lives of the children is a huge benefit going forward. Everything else around them is so changeable and fleeting that a solid routine of prayer within the home might be the only reliable touchstone of the day. The words "routine" and "habit" have bad connotations, especially when we're talking about prayer, but actually virtue is built upon routine and repetition as its starting point.
2. Peace - Much like the above, setting aside time for prayer as a family (both during the week within the home, and at Mass on Sunday) might be the only time of quiet and peace in an otherwise loud and busy life.
3. Memory - It is no secret that most young people stray from the Faith, especially in their college years. To have cultivated a strong habit of family prayer during their childhood will make it much more likely that they will remember its importance later in life, and come back to it.
4. Anchor during suffering - There is a stark contrast between the response of those who endure suffering with no strong spiritual habits, and those who endure it with the aid of spiritual habits. Consider the many possible sources of suffering for our young people: family or other relationship troubles, depression, bullying, the desire to be popular, the many sources of anxiety in media and pop culture...the list goes on. Without a strong and rich prayer life, our young ones can fall into despair, unable to cope with what seems like insurmountable problems.
5. Justice - The idea that God is generous with us even though He owes us nothing ought to result in the realization that we owe worship to God as an act of justice for all that He has given us. This means that we, at the very least, must render Him worship on Sundays.
6. Most importantly, Sanctity! - Your #1 priority as parents is to get your children to Heaven. They may or may not be academically successful, they may or may not be successful in their career, they may or may not be successful in many ways - these are not your primary concern. If you raise a child who knows and loves God in a deep way, you have done everything a parent is called to do!

