

# The Components of



# Family Prayer Project

**Ablaze Family Ministries**



To learn more, visit [ablazefamily.org/fpp](http://ablazefamily.org/fpp).  
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# What is a Family Prayer Project?

The Family Prayer Project offers families a prayerful, dynamic, and unique opportunity to encounter the Lord and respond to Him - together. It is intended for families of all ages and stages of faith, and can be organized at the parish or regional level.

"By reason of their dignity and mission, Christian parents have the specific responsibility of educating their children in prayer, introducing them to gradual discovery of the mystery of God and to personal dialogue with Him."

*(Familiaris Consortio 60)*

## 3 Key Components of an FPP



### 1. Eucharistic Adoration

As the **sign** and **cause** of our communion with God and the Church (CCC 1325), so too the Eucharist is the sign and cause of communion within the domestic church - the family. In Adoration, families are given the opportunity to come before the Lord together to pray with and for one another, and renew their commitment to each other in the service of their family mission. Eucharistic Adoration is the heart of the Family Prayer Project, and the movement around which all other pieces are planned.

"As a representation of Christ's sacrifice of love for the Church, the Eucharist is a fountain of charity. In the Eucharistic gift of charity the Christian family finds the foundation and soul of its 'communion' and its 'mission'..."

*(Familiaris Consortio 57)*

"The dignity and responsibility of the Christian family as the domestic Church can be achieved only with God's unceasing aid, which will surely be granted if it is humbly and trustingly petitioned in prayer." (FC 59)

*(Familiaris Consortio 57)*



### 2. Testimony

The Family Prayer Project might be someone's first experience of prayer before the Blessed Sacrament, or prayer together as a family. The witness of someone from your community who has already experienced the power of Eucharistic Adoration, will prepare participants for their own encounter, and help them understand the value of this form of prayer.

"But how can they call on him in whom they have not believed? And how can they believe in him of whom they have not heard?"

(Romans 10:14)



### 3. Fellowship

Being made in the image and likeness of God means we are made for community! Fellowship opportunities bring families together, to share a meal and find friendship, inspiration, and support as they travel a common road.

"The spiritual communion between Christian families, rooted in a common faith and hope... constitutes an inner energy that generates, spreads and develops justice, reconciliation, fraternity and peace among human beings."

(*Familiaris Consortio* 48)

## Want to bring the Family Prayer Project to your parish?

### Here are your next steps:

1

**Visit <https://ablazefamily.org/fpp-parish/>:** Fill out our interest form, and a staff member will be in touch soon to answer your questions and provide promotional materials.

2

**Cast your nets:** Speak with your parish leadership to see if they would consider hosting the event.

3

**Cast your nets wider:** If your own parish is unable or unwilling to host, are there other parishes in the area that might be interested? Or would your diocese consider sponsoring a regional event?

4

**Consider a planning team:** The Family Prayer Project involves aspects of liturgy, music, advertising, large group gathering, and audio/visual elements (for larger spaces). Start identifying parish staff, volunteers, and families who could work with you to pull it all together.

5

**Know you are not alone:** Our Family Prayer Project Coordinator will be in touch regularly to help you plan and troubleshoot along the way!