

Prayer for the Family

Composed by Mother Teresa

Heavenly Father,
you have given us the model of life
in the Holy Family of Nazareth.
Help us, O Loving Father,
to make our family another Nazareth
where love, peace and joy reign.
May it be deeply contemplative,
intensely eucharistic,
revived with joy.
Help us to stay together in joy
and sorrow in family prayer.
Teach us to see Jesus
in the members of our families,
especially in their distressing disguise.
May the eucharistic heart of Jesus
make our hearts humble like his
and help us to carry out
our family duties in a holy way.
May we love one another
as God loves each one of us,
more and more each day,
and forgive each other's faults
as you forgive our sins.
Help us, O Loving Father,
to take whatever you give
and give whatever you take
with a big smile.
Immaculate Heart of Mary,
cause of our joy, pray for us.
St. Joseph, pray for us.
Holy Guardian Angels,
be always with us,
guide and protect us.
Amen.



*“Make your house
– your family –
another Nazareth
where love, peace,
joy and unity reign,
for love begins
at home.”*

FAMILY LIFE COUNCIL, INC.

2416 N. 74th Street

Wauwatosa, WI, 53213, USA.

Phone: 414-218-3769

Email: wauwatosalife@gmail.com

Website: www.4life4family.org

“GOD HAS
SENT THE
FAMILY
TO BE
HIS LOVE”



A BEAUTIFUL MESSAGE FROM

MOTHER TERESA

“GOD HAS SENT THE FAMILY TO BE HIS LOVE”



Today there is so much trouble in the world and I think much of it begins at home. The world is suffering so much because there is no peace. There is no peace because there is no peace in the family. We must make our homes centers of compassion and forgive endlessly, and so bring peace.

You are to be a family, to be that presence of Christ to each other. God has sent the family to be His Love. Love each other tenderly as Jesus loves each one of you.

Jesus is always there ... to love ... to share ... to be the joy of our life. Jesus' love for us is unconditional, tender, forgiving, complete.

Just allow people to see Jesus in you ... to see how you pray, to see how you lead a pure life, to see how you deal with your family, to see how much peace is in your family.

Thoughtfulness is the beginning of great sanctity. If you learn this art of being thoughtful, you will become more and more Christ-like, for His heart was meek and He always thought of the needs of others. If we also have that kind of thoughtfulness for each other, our homes would really become the abode of God most high.

Do you know the poor of your own home first? Maybe in your home there is somebody who is feeling lonely, very unwanted, very handicapped. Maybe your husband, your wife, or your child is lonely. Do you know that?

“THOUGHTFULNESS
IS THE BEGINNING
OF GREAT SANCTITY.”

Today we have no time even to look at each other, to talk to each other, to enjoy each other ... And so less and less we are in touch with each other. The world is lost for want of sweetness and kindness. People are starving for love because everybody is in such a great rush.



Be happy ... and make it a special point to become God's sign of happiness. Joy shows from the eyes; it appears when one speaks and walks. It cannot be kept closed inside us. When people find in your eyes that habitual happiness, they will understand that they are the beloved children of God. Joy is very infectious. We shall never know all the good that a simple smile can do. Be faithful in little things. Smile at one another. We must live beautifully.

If we bring prayer into the family, the family will stay together. They will love one another. Just get together for five minutes. That is where your strength will come from. The time we spend in having our daily audience with God is the most precious part of the whole day. I want you all to fill your hearts with great love.

Make your house – your family – another Nazareth where love, peace, joy and unity reign, for love begins at home. God bless you!

Mother Teresa m^e

* This message of Mother Teresa is reprinted from "The Co-Worker Newsletter" Spring/Summer 1989 and is distributed by: Family Life Council, Inc.
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