



Jubilee Door Prayers

POSTING PRAYERS

The beautiful Jewish tradition of the *mezuzah* (meaning “doorpost”) dates back to Biblical times. These small scrolls include the Shema prayer and are affixed to the entryway of Jewish homes.

Many of our beautiful Catholic traditions have their origin in Jewish practices. Inspired by the *mezuzah* tradition, invite family members to affix short prayers to the door frame of his or her bedroom. Encourage each person to memorize and recite this prayer as he or she passes through the threshold of the room.

DIRECTIONS

When passing through a doorway or threshold, recite from memory a prayer or Scripture passage. You can also simply mark yourself with the Sign of the Cross as you pass through a doorway.

Here are some suggested aspirational or breath prayers to recite in the quiet of your heart:

Lord, let me
pass from sin
into grace.

*Lord, bless all
who enter with
your grace.*

Jesus,
Son of the
Living God,
have mercy
on me.

Lord,
you alone
are the door
to Salvation.

Come,
Holy
Spirit.