



Blessings

A Resource for Families

The Church is celebrating the Jubilee of Families, Children, Grandparents, and the Elderly at the Vatican. This celebration offers an opportunity to reflect on the bond that unites family members of all ages. It is also an opportunity to recognize the importance of grandparents to the Church as well as to society. In 2023, on the World Day for Grandparents and the Elderly, Pope Francis reminded us that the elderly “entrust to the present the past that is needed to build the future. Let us honour them, neither depriving ourselves of their company, nor depriving them of ours. May we never allow the elderly to be cast aside!”

BLESSING OF CHILDREN

As your child leaves for school or sports, a class trip or the events of the day, take a moment to sign his or her forehead with the sign of the cross. As you do so, pray one of the following blessing prayers or a blessing prayer in your own words.

May God bless you today. Amen.

May God keep you safe today. Amen

Today, may you know my love and God’s love, too. Amen.

May you be blessed with friendship, joy, and love today. Amen.

PRAYER FOR A FAMILY

Dear Jesus,
your Holy Family is
the model for all families.
Mary was a loving mother,
Joseph was a caring father,
and you were their holy child.
Our family is different from yours,
but we want to grow in holiness,
goodness, and love.
Help us to care for each other
as Mary, Joseph, and you
cared for each other.

Help us to show our love for you
by loving and serving each other
in what we say and in what we do.
With your help,
may our family be known as a
holy family, too.
Amen.

BLESSING OF GRANDPARENTS

Lord God almighty,
Bless our grandparents with long life,
happiness, and health.
May they remain constant in your love
and be living signs of your presence
to their children and grandchildren.
We ask this through Christ our Lord.
Amen.