

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 5th March 2026

The Welcome Home Heart

Gather

Before anyone says a word, dim the overhead lights and have a designated "Lighter" strike a match or click a battery-operated candle in the centre of the table or floor.

Once the light is on, everyone goes silent for 30 seconds, remembering that the light represents God's presence with you as a family while you talk.



Share

Share the big idea that Reconciliation means moving from "I'm sorry" to "Let's be close again."

Hook

You'll need: A piece of paper and some tape.

- Ask a family member to rip the paper in half.
- "When we argue or hurt each other, it's like this paper. It's broken. Saying 'I'm sorry' is the first step, but reconciliation is the tape that puts the pieces back together so we can be one family again."

The story

Watch the story here:

<https://www.youtube.com/watch?v=DJgROx4wFKM>

Or

Read the story in Luke 15:11–24

Recap by summarising:

There was a son who took his father's money, ran away, and spent it all on bad choices. He ended up lonely and hungry. He thought, "My dad will never want me back as a son, but maybe he'll let me be a servant."

But while he was still far away, his dad saw him coming. The dad didn't wait on the porch with his arms crossed. He ran to his son, hugged him, and threw a massive party. He didn't just forgive him; he welcomed him back like he'd never left.

Family Talk Time

Q. How do you think the son felt when he saw his dad running toward him instead of looking angry?

Q. Why is it sometimes harder to receive forgiveness than it is to give it?

Q. Is there anyone in our house (or outside of it) that we need to "run toward" with a hug today?

The Heart of the Matter

In this story, reconciliation wasn't about who was right or wrong—it was about the relationship being more important than the mistake. When we reconcile, we choose love over being "right."



Family Prayer

Dear loving Father,

Thank You for being like the Father in this story—always waiting for us with open arms, no matter how much we mess up.

Help our family to be a place of "running hugs." When we hurt each other, give us the courage to say "I'm sorry" and the big hearts to say "I forgive you." Teach us how to fix the broken pieces of our relationships so we can stay close to each other and close to You.

Amen.

Fun facts

God loves us so much he wants us to be happy and he knows that practising the act of forgiveness leads to peace and happiness. The following fun facts show us that this is true:

Did You Know? (The Science of Forgiveness)

- **Forgiveness is a Brain Power-Up!** When you hold a grudge, your brain stays in "Survival Mode" (the Amygdala), which is the same part of the brain animals use to hide from predators. When

you forgive, you switch on your Prefrontal Cortex—the "Human Power-Up" part of the brain used for solving puzzles and being a leader!

- **Your Heart Beats Happier!** Scientists have found that people who forgive actually have calmer heartbeats. It's like your heart is taking a deep breath. Holding onto anger is like making your heart run a marathon while you're just sitting on the couch!
- **The "Stress Hormone" Shield!** Being mad at someone releases a chemical called cortisol. A little is okay, but too much makes you tired and grumpy. Choosing to "let it go" acts like a shield, lowering your Cortisol levels so you have more energy to play and learn.
- **Forgiveness Helps You Fight Germs!** It sounds crazy, but it's true! Scientists at places like the *Mayo Clinic* found that people who practice forgiveness have stronger immune systems. That means being a "Running Forgiver" might actually help your body fight off the common cold!
- **The Best Sleep Medicine!** Ever notice how it's hard to sleep when you're mad? That's because your brain is "ruminating" (looping a bad thought over and over). Forgiveness breaks the loop, helping your brain go quiet so you can have sweet dreams instead of "grumpy dreams."



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