

NATIONAL DAY OF PRAYER

for the **African American
& African Family**

Purpose of This Day

The National Day of Prayer for the African American and African Family invites individuals, families, parishes, and communities to pause, pray, and recommit themselves to faith-filled living rooted in love of God and love of one another. This day affirms the sacred dignity, resilience, and witness of African American and African families and calls all people to strengthen family life, nurture intergenerational faith, and respond to the needs of our neighbors.



“Tell his glory among the nations; among all peoples, his wondrous deeds. For great is the Lord and highly to be praised; to be feared above all gods. For the gods of the nations all do nothing, but the Lord made the heavens.”

1 Chronicles 16:24-26

Family Faith-Building Activities

Consider choosing one or more of these activities to mark this day and to build lasting family traditions:

- Family Affirmation Circle: Gather as a family and invite each person to share a word of gratitude or affirmation about another family member.
- Family Prayer Time: Pray a psalm, the Lord’s Prayer, or a decade of the Rosary together. Invite children to offer their own intentions.
- Family Reconciliation Outing: Begin with attending church together for the Sacrament of Reconciliation, then continue the day with a joyful family activity—such as a shared meal, a park visit, or a favorite treat—to celebrate grace, healing, and time together.
- Scripture at Home: Choose a short Scripture passage to display in your home for the week. Reflect on it briefly each day.
- Family Walk of Gratitude: Take a walk together and name blessings you see in nature and in one another.
- Remembering Our Ancestors: Share stories about parents, grandparents, and ancestors whose faith and perseverance continue to inspire your family.
- Family Prayer Time: Establish a regular family prayer time or prayer call for relatives who live apart.
- Family Mealtime: Share a meal as a family.

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Outreach & Service Activities for the Family, Parishes or Small Groups

Parishes, ministries, and community groups may wish to:

- Parishes may want to do an assessment to see what group is missing (youth, young adults, families/individuals that no longer attend Mass) and create a strategy to reconnect with them.
- Celebrate a Mass or Prayer Service for African American and African families.
- Include intercessions focused on family life, healing, and unity.
- Host a family faith-sharing gathering or intergenerational conversation.
- Offer a blessing of families, elders, parents, caregivers, and children.
- Invite members to share brief testimonies about faith, family, and resilience.



*“Amen, I say to you,
whatever you did for one
of these least brothers of
mine, you did for me.”*

Matthew 25:40

Service & Outreach Opportunities

Living our faith includes serving others. Families and communities can choose an act of charity together:

- Prepare packages with toiletries, socks, non-perishable food, and notes of encouragement for those experiencing homelessness.
- Collect new or gently used blankets, coats, and clothing and partner with local shelters or Catholic Charities.
- Volunteer as a family at a food bank, soup kitchen, or parish outreach ministry.
- Buy groceries and deliver to a struggling family.
- Create cards or drawings for seniors, those who are ill, incarcerated individuals, or families facing hardship.
- Pray together for those impacted by natural disasters and contribute supplies or donations when possible.
- Contact chaplains in local prisons to find out how to send encouraging letters and spiritual books to inmates.
- Start a book club focused on spiritually-uplifting books.
- Soldier's Angels is a 501(c)3 charity that matches families to deployed military personnel, to send letters and monthly care packages.