



Week 1: Monday

FAMILY PRAYERS AND GRACES

Morning Prayer

Father, thank you that we can talk to you at any time, and for your promise to be with us always.

Help us to remember that there is nothing that will happen to us today that is bigger than your love and your power to care for us. AMEN.

Grace

For our food and drink,
Our family and friends,
We thank you, Lord. AMEN.

Evening Prayer

At the end of this day we want to say thank you for everything:

For the good things and the bad,
for the happy and the sad,
knowing that you will make something beautiful of it all. AMEN.





Week 1: Tuesday

FAMILY PRAYERS AND GRACES

Morning Prayer

God, help us to enjoy the life we are living now. Even when things are tough, remind us of all the good things we often overlook. Help us to be happy with what we have. Forgive us when we compare ourselves to others, and help us to understand that you love us just as we are and right where we are. Help us to put our trust in you. In Jesus' name, AMEN.

Grace

Thank you for the world so sweet,
Thank you for the food we eat.
Thank you for the birds that sing,
Thank you, God, for everything. AMEN.

Evening Prayer

As we lay us down to sleep,
We pray the Lord our souls to keep.
Watch and guard us through the night,
And wake us with the morning light. AMEN.





Week 1: Wednesday

FAMILY PRAYERS AND GRACES

Morning Prayer

Morning has broken like the first morning,
Blackbird has spoken like the first bird.
Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!
(Morning has broken - Eleanor Farjeon)

Grace

For this lunch to munch,
We thank you, Lord! AMEN.

Evening Prayer

Dear God, thank you for today,
For yesterday and tomorrow;
Our family, our joys, our sorrows;
For all that made us stronger. AMEN.





Week 1: Thursday

FAMILY PRAYERS AND GRACES

Morning Prayer

Dear Lord, thank you for another day.
Please watch over our family and friends.
Thank you. AMEN.

Grace

May God be praised and thanked for
all he has given to us,
And may he help us to share with
those who are in need. AMEN.

Evening Prayer

Father, we thank thee for the night,
And for the pleasant morning light;
For rest and food and loving care,
And all that makes the day so fair.
Help us to do the things we should,
To be to others kind and good;
In all we do, in work or play,
To grow more loving every day. AMEN.

(Rebecca Weston, 1890)





Week 1: Friday

FAMILY PRAYERS AND GRACES

Morning Prayer

O God, how wonderful to see another morning in our lives.

As a family we want to thank you for your love.

As we begin this day, thinking of all the things we have to do,

We ask for your strength and guidance.

Thank you for hearing and answering our prayer.

In Jesus' name. AMEN.

Grace

Food on the table, what a treat!

Lord, keep us thankful as we eat. AMEN.

Evening Prayer

Thank you for allowing us to be used today, Father, in spreading your love to others through our actions.

We pray that we will have made a difference to someone's life, even if only in a small way.

We know there will always be people who choose not to believe in you, but there are also lots of people who are searching for you just now.

As a family we pray that you may use what each of us have done today to help them get to know you better.

AMEN.





Week 1: Saturday

FAMILY PRAYERS AND GRACES

Morning Prayer

Lord, we thank you for this precious family of ours, and for the talents and good things that you have given each of us. Please keep us close and our love strong. Guide us, protect us, and help us to do your will each and every day. Thank you for all that you are – we are forever grateful. AMEN.

Grace

O Lord, we pray that we might not be like porridge – stiff and stodgy and hard to stir; but like cornflakes – crisp, fresh and ready to serve! AMEN.

Evening Prayer

Heavenly Father, look upon our family.
Give us strength to overcome any difficulties we are facing right now.

Protect us this night and in the future. Grant us forgiveness for any wrong we have done.

May we also forgive one another, Lord, which is sometimes difficult to do. Bless us,
Lord. In your name we pray. AMEN.

(Source: www.praywithme.com/heavenly-father-please-shine-your-light-upon-my-family-give-us-strength-to-overcome.html)





Week 1: Sunday

FAMILY PRAYERS AND GRACES

Morning Prayer

Thank you for this new day and this chance to talk to you as a family. Help us to make the best of these opportunities and to find ways that we can show our love for each other. Thanks again, Lord Jesus. AMEN.

Grace

For what we are about to receive,
May the Lord make us truly thankful. AMEN.

Evening Prayer

Lord of all gentleness, Lord of all calm,
Whose voice is contentment, whose presence is balm,
Be there at our sleeping, and give us, we pray,
Your peace in our hearts, Lord, at the end of the day.
AMEN.

