



Week 2: Monday

FAMILY PRAYERS AND GRACES

Morning Prayer

We love you so much, Lord!
We give ourselves fully to you.
We pray that your
love will guide us today,
And that we will
be channels of your love
To all those we meet today. AMEN.

Grace

We love our bread, we love our butter;
But most of all, we love each other. AMEN.

Evening Prayer

God is our refuge and strength,
Always ready to help in times of trouble.
So we will not fear. AMEN.





Week 2: Tuesday

FAMILY PRAYERS AND GRACES

Morning Prayer

To be like Jesus! This hope possesses me,
In every thought and deed, this is my aim, my creed;
To be like Jesus! This hope possesses me,
His Spirit helping me, like him I'll be. AMEN.

(General John Gowans)

Grace

Thank you, Lord, for giving us food.
Thank you, Lord, for giving us food.
We're ever so grateful for every plateful.
Thank you, Lord, for giving us food.

(This grace can be sung to the theme tune of Superman the Movie)

Evening Prayer

Dear Lord Jesus, at the end of today,
Forgive us for the times we were not like you.
Help us to forgive others and learn to forgive
ourselves. AMEN.





Week 2: Wednesday

FAMILY PRAYERS AND GRACES

Morning Prayer

Our Father God, please put your loving arms
Around all our family and friends.
Keep them safe and secure, loved and blessed.
AMEN.

Grace

Grace at this table,
Grace in our hearts,
And grace in our homes. AMEN.

Evening Prayer

Angels bless, and angels keep,
Angels guard us while we sleep.
Bless our hearts and bless our home,
Bless our spirits as we roam.
Guide and guard us through the night,
And wake us with the morning's light. AMEN.





Week 2: Thursday

FAMILY PRAYERS AND GRACES

Morning Prayer

Dear God, thank you for all of the fun we share as a family.

We are so grateful that our family likes to laugh and play together.

We recognise that some families have not had fun for a while,

Because life is hard for them just now.

Would you bless them and fill their hearts with joy and laughter.

Help them to rediscover fun which can brighten the darkness. AMEN.

Grace

Lord, bless this food which now we take,
And keep us good, for Jesus' sake. AMEN.

Evening Prayer

Thank you, Heavenly Father, for every evidence of your goodness today.

We take so many things for granted,
and for that we are sorry.

Help us never to take you for granted,
but always give you thanks. AMEN.





Week 2: Friday

FAMILY PRAYERS AND GRACES

Morning Prayer

We thank you for the rest of the night,
and for the gift of a new day
With its many opportunities to please you.
May we enjoy the chance to serve you by
serving others.
Keep us safe and trusting you until we rest
again. AMEN.

Grace

God of goodness, bless our food,
Keep us in a pleasant mood.
Bless the cook and all who serve us.
From indigestion, Lord, preserve us. AMEN.

Evening Prayer

We praise you, heavenly Father, for another day
and for being with us in every moment of it.
Thank you for all that you have given to us and
for the love and fellowship that we have enjoyed
with friends and family. Guard us as we rest
tonight and give us a good night's sleep so
that we may wake up in the morning
refreshed and ready to do your will.
AMEN.





Week 2: Saturday

FAMILY PRAYERS AND GRACES

Morning Prayer

Lord in Heaven, hear our prayer,
Keep us in your loving care.
Be our guide in all we do.
Bless all those who love us too. AMEN.

Grace

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

Evening Prayer

Heavenly Father, as this day is coming to an end,
We ask that your continued love and presence
stay with us.
Watch over us through the long hours of darkness,
And keep us safe from all harm.
In Jesus' name we pray. AMEN.





Week 2: Sunday

FAMILY PRAYERS AND GRACES

Morning Prayer

Lord, we praise you for the beautiful world
you have made,

For the amazing things you have created.

Thank you for creating this family and each of us in it.
Help us to be like you, showing to others your beauty
and love. AMEN.

Grace

We thank you, Lord, for happy hearts,
For rain and sunny weather.

We thank you, God, for this our food,
And that we are together. AMEN.

Evening Prayer

As we come in prayer before you

We with gratitude would say:

Thank you, Father, for the family

Where each member learns to pray.

Even we, Lord, your dear children,

Know what family life can mean

When each one keeps close beside you,

And the love of Christ is seen. AMEN.

(Alan Bateman)

