



Week 3: Monday

FAMILY PRAYERS AND GRACES

Morning Prayer

Creator God,
We are so grateful for this day,
For time to create and wonder too;
A bright new start for work and play,
A day to spend some time with you.
So help us notice you today,
And gift us with love the whole day through. AMEN.

Grace

We thank God with our fingers, (Wiggle your fingers)
We thank God with our toes, (Wiggle your toes)
We thank God with our eyes and mouth, (Blink eyes
and wiggle mouths)
We thank God with our nose, (Wiggle nose)
We thank God that he loves us, (Cross arms on chest)
We thank God that he cares, (Give yourself a hug)
We thank God that he listens, (Cup hand to ear)
And always hears our prayers. (Put hands together)
AMEN.

(Rachel Gotobed)





Week 3: Monday

FAMILY PRAYERS AND GRACES

Evening Prayer

Father God,

As we looked around our world today we saw so many wonderful things - trees, flowers, animals and each other! Thank you, God, for creating such an amazing world for us to enjoy. Help us to do all we can to look after it and to look after each other. Would you help us rest now, knowing that you are always looking after us. AMEN.

(Rachel Gotobed)





Week 3: Tuesday

FAMILY PRAYERS

AND GRACES

Morning Prayer

Dear God,

Today, would you bless our family;
Let us feel your love and protection
from things that might harm us.

Let us experience your grace as we
forgive each other.

Let us be aware of your strength
as we overcome things we might find difficult.

And keep us connected when circumstances create
distance between us. AMEN.

Grace

Lord, thank you for food we are about to eat, the
people we are about to share it with and the time we
have to be together. AMEN.





Week 3: Tuesday

FAMILY PRAYERS AND GRACES

Evening Prayer

Father, thank you for creating us to be part of this human family,

For being with us today in the happy and sad times,

For your comfort when we felt worried,

For your company when we felt lonely,

And for this night, when we can rest, knowing you are still with us. AMEN.





Week 3: Wednesday

FAMILY PRAYERS AND GRACES

Morning Prayer

Wonderful God,
In this daylight, fill us with the light of your truth.
In the sunlight, set us on fire with your love.
In our busyness, inspire us with courage,
And in our chores, remind us that in serving each
other, we serve you. AMEN.

Grace

We thank you, Lord, for all you give,
the food we eat, the lives we live;
remembering loved ones far away,
we pray your blessings, Lord, this day. AMEN

(Source: <https://www.beliefnet.com/faiths/christianity/galleries/5-great-quick-prayers-before-meals.aspx>)

Evening Prayer

As this day comes to an end, we thank you Jesus,
for being our friend.
Please keep us safe throughout the night until we
wake to new daylight.
AMEN.

(Rachel Gotobed)





Week 3: Thursday

FAMILY PRAYERS AND GRACES

Morning Prayer

Gracious God, you are so generous and give to us many good things.

Please help us today to be generous like you:

- giving to others the gift of kind and encouraging words,
- giving to others the gift of loving and helpful actions,
- giving to others the gift of our time to pray for them.

Thank you that you love us so much that you gave us the greatest gift ever - your Son, Jesus, to be our Saviour and Friend. AMEN.

(Rachel Gotobed)

Grace

We thank you, God, for lovely food, for home and time and all things good. For sky and rain and sun above, But most of all, for those we love. AMEN.





Week 3: Thursday

FAMILY PRAYERS AND GRACES

Evening Prayer

May God give you for every storm, a rainbow;
for every tear, a smile;
for every care a promise, and a blessing in each trial;
for every problem life sends, a faithful friend to share;
for every sigh a sweet song, and an answer to each
prayer. AMEN.

(Source: <https://www.beliefnet.com/inspiration/galleries/8-encouraging-irish-blessings.aspx>)





Week 3: Friday

FAMILY PRAYERS

AND GRACES

Morning Prayer

Father God,

Today we pray for the people we would normally be spending time with, at church, at work, at clubs and at school.

We look forward to the time we can be together again, learning, playing and working.

Some of our friends don't know you, and so we ask for an opportunity to let them know how good we know you are, even when times are difficult.

We look forward to meeting with you today – help us to notice you. AMEN.

Grace

Father, we are full of thanks to you for everything.

We praise and worship you as we come to share our food today.

We praise your name because you are so generous.

AMEN.

(Based on Psalm 100:4)





Week 3: Friday

FAMILY PRAYERS

AND GRACES

Evening Prayer

All that I am, all I can be,
All that I have, all that is me,
Accept and use, Lord, as you would choose, Lord,
Right now, today.

Take every passion, every skill,
Take all my dreams and bend them to your will.
My all I give, Lord, for you I'll live, Lord,
Come what may. AMEN.

(SASB 568 William Himes)





Week 3: Saturday

FAMILY PRAYERS AND GRACES

Morning Prayer

Creator God,

Thank you for our rest which will help us face the challenges of this new day.

Thank you for being you – knowing all things and being in all places.

Thank you for making a pathway for us as a family today, and help us be open to your guidance and direction. AMEN.

Grace

Today create your own grace using THANKS as an acrostic. Then enjoy your meal.

Evening Prayer

For the joy of human love,
Brother, sister, parent, child,
Friends on earth and friends above,
For all gentle thoughts and mild,
Father, unto thee we raise
This our sacrifice of praise.

(SASB 14)





Week 3: Sunday

FAMILY PRAYERS

AND GRACES

Morning Prayer

Dear God,

Help us to show love to each other in practical ways today.

(Think of some ways you can help each other today.)

Help us to show love to all the wonderful people you have put in our lives by praying for them now.

(Name some people or families that come into your minds.)

Thank you that you surround us with family and friends who bring us joy, and whom we can trust and confide in. AMEN.

Grace

Generous God,

In you we have everything we need, but sometimes we want other things.

Help us be satisfied with all we have and enjoy your gracious provision.

Keep us surprised by your extravagant love. AMEN.

Evening Prayer

I know he cares for me, for me,

I know he cares for me, for me;

I'll trust my Father in Heaven

For I know that he cares for me.

(SASB 35 Anon)

