



Week 4: Monday

FAMILY PRAYERS AND GRACES

Morning Prayer

Lord Jesus, we thank you for the people in our neighbourhood.

Some people we see often, some not so much.

We don't know of all that is happening in their lives right now,

So please help us, Lord, to be a good neighbour to them always. AMEN.

Grace

We thank you, God, for this food.

Be with us as we eat it and help us to stay close to you this day. For Jesus' sake, AMEN.

Evening Prayer

There is a lot happening in our world that could make us worry and be anxious.

You tell us not to worry but to pray and trust you.

Please help us to do that, even when it's difficult.

AMEN.





Week 4: Tuesday

FAMILY PRAYERS AND GRACES

Morning Prayer

Dear God,
Sometimes I feel sad (show sad faces),
Sometimes I feel scared (hide face behind hands),
Sometimes I feel cross (show cross faces),
Sometimes I feel tired (hands together against
face and close eyes),
But most of the time I feel happy (smile and
clap hands).
Thank you, God, that you understand how we
feel and that we can always talk to you about it.
AMEN.

Grace

For food and friends,
And all God sends,
We thank you, Lord. AMEN.





Week 4: Tuesday

FAMILY PRAYERS

AND GRACES

Evening Prayer

Now the day is over,
Night is drawing nigh,
Shadows of the evening
Steal across the sky.

Now the darkness gathers,
Stars begin to peep,
Birds and beasts and flowers
Soon will be asleep.

Jesus, give the weary
Calm and sweet repose;
With thy tenderest blessing
May their eyelids close. AMEN.

Sabine Baring-Gould (1834-1924)
SASB 1034





Week 4: Wednesday

FAMILY PRAYERS AND GRACES

Morning Prayer

Squirt some sanitiser into your hands and rub them together until it's all gone. Or you may choose to wash your hands. As you do so, think about the doctors and nurses and other NHS workers who are trying to help people sick with COVID-19 to get better. Say a prayer for their safety and protection.

Grace

For this lovely day,
Food, rest and play,
It's time to say,
Thank you, Lord. AMEN.





Week 4: Wednesday

FAMILY PRAYERS

AND GRACES

Evening Prayer

The Lord is my shepherd.
I will always have everything I need.
He gives me green pastures to lie in.
He leads me by calm pools of water.
He restores my strength.

He leads me on right paths to show that he is good.
Even if I walk through a valley as dark as the grave,
I will not be afraid of any danger, because you are
with me.

Your rod and staff comfort me.
You prepared a meal for me in front of my enemies.
You welcomed me as an honoured guest.
My cup is full and spilling over.

Your goodness and mercy will be with me all my life,
And I will live in the Lord's house a long, long time.

AMEN.

Psalm 23 (ERV)





Week 4: Thursday

FAMILY PRAYERS

AND GRACES

Morning Prayer

Thank you, Father, for another new day.
Even when things are hard, we always have something to thank you for.
Help us today to see all the good things we take for granted as reasons to praise you. AMEN.

Grace

We use our eyes to see the trees,
And ears to hear the buzzing bees.
Our fingers touch our wiggly toes,
And mealtime smells go through our nose.
These senses and our voices, too,
We use right now in praise of you. AMEN.

Evening Prayer

Jesus, we know that this time is scary.
We thank you for family who are keeping us safe.
We miss our wider family and friends;
Please keep them safe too.
Help us not to be so scared.
Help us to try and understand what is happening.
Help us to be brave. AMEN.





Week 4: Friday

FAMILY PRAYERS AND GRACES

Morning Prayer

Dear Father in Heaven,

We are so thankful for health and wellbeing within our family.

We appreciate these precious gifts.

We pray for families where there is severe illness

And additional needs, both physical and mental,

Which impact on the ability to manage each day.

May they have the practical and emotional support that they need,

And may they know the reality of your love. AMEN.

Grace

As we sit at the table, will you bless us and the food we eat.

As we sit at the table, will you bless our family.

As we sit at the table, will you bless our family we cannot be with.

As we sit at the table, will you bless us all. AMEN.





Week 4: Friday

FAMILY PRAYERS AND GRACES

Evening Prayer

Wonderful Lord, Wonderful God,
You are my shield, my protector.
I can lie down, go off to sleep,
knowing you're watching over me.
Wonderful Lord, wonderful God,
Help me to trust you forever.
I need not fear, 'cause you are near,
I can lie down and sleep in peace. AMEN.

Doug Horley





Week 4: Saturday

FAMILY PRAYERS

AND GRACES

Morning Prayer

Thank you for every new good morning,
Thank you for every fresh new day,
Thank you that I may cast my burdens
Wholly on you.

Thank you for every shade and sorrow,
Thank you for comfort in your word,
Thank you that I am guided by you
Everywhere I go.

*Martin Gotthard Schneider and adapted by S. Lonsdale and Michael Baughen
SASB 394*

Grace

One, two, three, four, five,
Because of food we are alive.
Six, seven, eight, nine, ten,
We give thanks to God again. AMEN.

Source: <https://churchofenglandchristenings.org/after-a-christening/saying-thank-you-for-food>





Week 4: Saturday

FAMILY PRAYERS

AND GRACES

Evening Prayer

Dear Father in Heaven,

We thank you for mums and dads, grandparents and other extended family who enhance our lives in so many ways.

We realise that being a parent isn't always easy, and we thank you for the opportunities to learn from each other across the generations, and for the love that we have received in so many ways from our parents, grandparents, and those who are like family to us.

We thank you for the opportunities to develop faith in our home as we share life together. We pray for guidance and wisdom for parents at this time as they parent their children, often in difficult circumstances.

We are aware that many are feeling isolated and scared for themselves and their children. We pray for appropriate support, and for rest and peace of mind at this time. AMEN.





Week 4: Sunday

FAMILY PRAYERS AND GRACES

Morning Prayer

Father, at this time of uncertainty we turn to you, our shepherd, our comforter and our protector.

As people around the world are experiencing difficulty and change, we thank you for the unity we see in communities.

We pray for those who are lonely and isolated in their homes and ask that you become close to them. We pray for families, protect their relationships at this time. We remember you promised that nothing will separate us from your love, and we pray that your love for us will give us the strength we need as we wake each day. Help us to turn our hearts and minds to you at this time. AMEN

Grace

For food and health and hope,
We thank you, Lord.

Give us also a generous heart
To share these blessings with others. AMEN.

Evening Prayer

A little star peeps o'er the hill,
The woods are quiet, the birds are still.
The children clasp their hands in prayer,
And the love of God is everywhere.

AMEN.

Anon

