



# Week 9: Monday

# **FAMILY PRAYERS AND GRACES**

*Prayers based on Hebrews 3:13 (NIV)*

*'But encourage one another daily, as long as it is called 'Today', so that none of you may be hardened by sin's deceitfulness.'*

## **Morning Prayer**

We thank you right at the start of this day.

Help us to be grateful for everything, even the difficult things.

Help us to learn from the difficult things.

May we generously and kindly share what we learn with others. AMEN.

## **Grace**

Heavenly Pa, Ta!

## **Evening Prayer**

Thank you for today. We are sorry if we got caught up in some difficult things that made us forget you.

Help us remember you now. Remind us of your love, your peace, your wisdom and your grace. AMEN.

(Share some lessons you learned today and see where God was at work).





# Week 9: Tuesday

# **FAMILY PRAYERS AND GRACES**

*Prayers based on Hebrews 10:24 (NIV)*

*'And let us consider how we may spur one another on towards love and good deeds.'*

## **Morning Prayer**

Father, we have another new day to play, work and rest.

Help us notice what other people are doing with this day.

Help us support each other as we try to use this day well to serve and honour you.

Help us be aware of other people who are supporting us.

Help us show your love to everyone, no matter what our differences, and without discrimination. AMEN.

## **Grace**

Thank you for this food and for the people who served it to us today, whether we know them or not.

Help us find thoughtful ways to thank them. AMEN.





# Week 9: Tuesday

# **FAMILY PRAYERS AND GRACES**

## Evening Prayer

Father God,

We asked you to help us notice others today.

As we have thought about our day, we thank you for those people and what they have challenged and encouraged us to think about.

As we ask for your blessings on our rest; would you bless them also. AMEN.





# Week 9: Wednesday

# **FAMILY PRAYERS**

# **AND GRACES**

*Prayers based on 1 Thessalonians 5:11 (NIV)*

*'Therefore encourage one another and build each other up, just as in fact as you are doing.'*

## **Morning Prayer**

Loving Father God,

Thank you for another new day.

We know there will be challenges and fun too.

Help us as we consider how to be kind when we feel anxious.

Help us to understand how to be generous when we feel afraid.

Help us to show encouragement when we disagree.

AMEN.

## **Grace**

Lord, as this food will help our bodies grow and develop, and gives us energy for the rest of today, may we use this energy to help others grow and develop too. AMEN.





# Week 9: Wednesday

# **FAMILY PRAYERS**

# **AND GRACES**

## Evening Prayer

Lord, today we wanted to encourage and build each other up, but it was not always easy to do! Sometimes we forgot and sometimes we just weren't brave enough.

Thank you that you always have our best interests in mind, that you always want to build us up and that you never give up on us.

May we take comfort in those thoughts as we go to sleep. AMEN.





# Week 9: Thursday

# **FAMILY PRAYERS**

# **AND GRACES**

*Prayers based on 2 Corinthians 13:11 (NIV)*

*'Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.'*

## **Morning Prayer**

Father, please help us think of the people we might call 'brother and sister' today – our relatives and those outside of this family that feel like family to us. Also help us consider people that we don't yet really know, who might also become like family to us. Help us rejoice in this new day. AMEN.

## **Grace**

Father, as we share this food today and feel it restoring our strength, help us consider any relationship issues in our lives that need restoring. Help us encourage each other to hold out a hand of restoration. AMEN.





# Week 9: Thursday

# **FAMILY PRAYERS**

# **AND GRACES**

## Evening Prayer

Father God, may we experience your goodness and peace as we prepare to rest at the end of this day. Let us be really assured of your presence and love.  
AMEN.





# Week 9: Friday

# FAMILY PRAYERS

# AND GRACES

*Prayers based on Romans 15:5 (NIV)*

*'May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had.'*

## Morning Prayer

Dear God, thank you that you give us strength to face this day. We know we can do so much to strengthen our bodies – eat, exercise and rest – but you give us the strength that enables us to be more than we could ever imagine.

Today, help us to reflect on your character by being extra kind, extra generous, extra grateful and extra caring, so that others can be strengthened too.

AMEN.

## Grace

Dear God, you have created so many good things to remind us of your love and your care. Help us to remember as we eat our food today that it comes from creation, which all belongs to you. AMEN.







# Week 9: Friday

# **FAMILY PRAYERS AND GRACES**

## **Evening Prayer**

Dear God, as we reflect on this day, would you bring to our minds the times we were able to show the same attitude as Jesus in the way we have responded to others. Remind us too of the times we saw Jesus in our friends, family and colleagues.

Thank you for your encouragement today. AMEN.





# Week 9: Saturday

# FAMILY PRAYERS

# AND GRACES

*Prayers based on Colossians 2:2 (NIV)*

*'My goal is that they may be encouraged in heart and united in love.'*

## Morning Prayer

Father, we really want to give this day back to you. We have so many plans and ideas. We have so many commitments and things to do. We have so many worries and concerns.

Will you help us and guide us today, so we are sure that all of our thoughts and feelings are joined to you. AMEN.

## Grace

Father, as we share our food, help us always to share your love. AMEN.

## Evening Prayer

Creator God, your world keeps turning in good times and bad. As we go to sleep just now, we are aware of others waking to a day of care, conflict and concern. Bring peace to our hearts as we pray peace over their lives. Help us to remain united in love with all your people. AMEN.





# Week 9: Sunday

# FAMILY PRAYERS

# AND GRACES

*Prayers based on Deuteronomy 31:6 (NIV)*

*'Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.'*

## Morning Prayer

This day is for living,  
Brand new day, untrod way.  
This day is for giving all I have to Jesus.  
Lord of life, love and joy,  
Keep me in thy sweet employ,  
Every moment to enjoy,  
Living life with Jesus.

*(Ronald Foot, New Songs for Young People, 1976)*

## Grace

For this meal and all it represents, thank you, God.  
Help me be strong and courageous as I continue to  
serve you today. AMEN.





# Week 9: Sunday

# **FAMILY PRAYERS AND GRACES**

## **Evening Prayer**

We are weak, and you are strong.

We are confused, and you know everything.

We are tired, and you never sleep.

We are human, and you are love.

Who else would we put our trust in, day and night?

AMEN.

