



Week 7: Monday

FAMILY PRAYERS AND GRACES

Morning Prayer

Lord, let nothing separate us from you today.

Teach us how to choose only your way today, so each step will lead us closer to you.

Help us follow your word and not our own feelings.

Protect us from our own careless thoughts, words and actions. And help us keep our eyes on you. AMEN.

Grace

For the fields, the rivers and seas, the farms and factories – thank you, God.

For the farmers, the fishermen, the factory workers – thank you, God.

For the animals, the seeds, the crops, the fruit and vegetables – Thank you, God. AMEN.





Week 7: Monday

FAMILY PRAYERS AND GRACES

Evening Prayer

Lord, as we look back over today, we recognise that there were things that we should have said and done differently.

There were times when we reacted in a way that didn't honour you. Forgive us, we pray, and we thank you, Father, that you are always faithfully prepared to bring us gently back to you.

As we go to sleep, help us remember how much we are loved by you. AMEN.





Week 7: Tuesday

FAMILY PRAYERS AND GRACES

Morning Prayer

Father God, we thank you for the rest of the past night and for the gift of a new day, with its opportunities to please you as we follow you. When we might argue, help us look for peace. When we might grumble, help us look for joy. And when we might want more for ourselves, help us to remember others. AMEN.

Grace

If there is more than one of you, you could make this into a chant across the table or picnic rug.

1) Thank you, Lord, 2) for giving us food

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All together: Right where we are. AMEN.

Evening Prayer

Lord, the One who guards our hearts, may you always remind us to be peacemakers, especially within our families. Protect us from hateful thoughts, and let us not be the reason for causing chaos in our homes. As we rest now, restore strength and creativity to us. All this we ask in your name. AMEN.





Week 7: Wednesday

FAMILY PRAYERS AND GRACES

Morning Prayer

We don't know what today will bring or how we will feel, but just now as we start our day would you help us be thankful for it, be useful with it and be careful in it. AMEN.

Grace

Our Father in Heaven,
For our food,
Our planet to grow it,
The fuel to cook it
And our senses to enjoy it,
We thank you. AMEN.

Evening Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. AMEN.

The Serenity Prayer





Week 7: Thursday

FAMILY PRAYERS AND GRACES

Morning Prayer

Father, thank you for our family.

Thank you for the laughter, the learning, the tears and the triumphs that fill our house.

Lord Jesus, we invite you into this house today to be part of this family and part of our learning and our growing. AMEN.

Grace

Be with us when we eat and when we make jokes together.

Be with us as we show love to each other and to others.

Be with us as we share, and show us how to share even further. AMEN.

Evening Prayer

O Lord God, grant your peace to us, for you have supplied us with all things: the peace of rest, the peace of the Sabbath which has no evening.

Through Jesus Christ our Lord. Amen.

Augustine of Hippo





Week 7: Friday

FAMILY PRAYERS AND GRACES

Morning Prayer

We praise you, God. We pray that all we do today will bless you. Help us to build each other up, to show forgiveness when there is hurt and to glorify you in our victories! In Jesus' mighty name. AMEN.

Grace

Our Father in Heaven, for this meal you have given we want to say thank you.

Bless the ones who prepared it and, Lord, as we share it

Will you stay with us as our guest. AMEN.

Evening Prayer

After this busy day, thank you that you have a plan for our lives. When we awake in the morning, put a smile on our face and your purpose in our hearts again, ready for a new day. We love you, Jesus. Good night. AMEN.





Week 7: Saturday

FAMILY PRAYERS AND GRACES

Morning Prayer

We may not be with all our families today, but we trust that you, Lord, are always with them. Keep us all safe today. Give us peace of mind so that we are not worried. Guard our hearts so that we show love instead of hate, anger or bitterness. AMEN.

Grace

Some have meat and cannot eat;
Some cannot eat that want it;
But we have meat and we can eat,
So let the Lord be thanked.

Traditional

*Some hae meat and canna eat,
And some would eat that want it;
But we hae meat, and we can eat,
Sae let the Lord be thankit.*

The Selkirk Grace attributed to Robert Burns





Week 7: Saturday

FAMILY PRAYERS AND GRACES

Evening Prayer

As we go to sleep, Lord, may your protection and your presence bathe this place with peace and safety against anything that would try to unsettle us – worry, anxiety, bad dreams, feeling afraid. Or even indigestion. In Jesus' name. AMEN.





Week 7: Sunday

FAMILY PRAYERS AND GRACES

Morning Prayer

Heavenly Father, thank you for refreshing our hearts and minds as we slept. Thank you for sending your Holy Spirit to us. We are thankful that we are surrounded by people we can love and who love us back today. AMEN.

Grace

To the tune of 'Frère Jacques'
God our Father, God our Father,
Once again, once again
We bow our heads and thank you,
Bow our heads and thank you
A-ah-men, A-ah-men.

Source: <http://home.pcisys.net/~tbc/index>

Evening Prayer

O Lord, let your tranquillity dwell among us, and let your peace remain in our hearts. May our voices proclaim your truth, and may your cross be the guardian of our souls. O Lord, make us bold, make us worthy to offer to you pure and holy prayer; through Jesus Christ our Lord. AMEN.

Source: *Liturgy of the Nestorians, fifth century*

