

Grace Before Meals

Bless us, O God, as we sit together.
Bless the food we eat today.
Bless the hands that made the food.
Bless us, O God.
Amen.



Grace after meals

Thank you, God, for the food we have eaten.

Thank you, God, for all our friends.

Thank you, God, for everything,

Thank you God.

Amen.



Hail Mary

Hail Mary, full of grace,
the Lord is with thee:
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.



Morning Prayer

Father in heaven, you love me,
you are with me night and day.
I want to love you always
in all I do and say.
I'll try to please you, Father,
bless me through the day.
Amen.



Prayer at the end of the day

God our Father, I come to say
thank you for your love today.
Thank you for my family
and all the friends you give to me.
Guard me in the dark of night
and in the morning send your light.
Amen.



Our Father

Our Father, who art in heaven,
hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

Amen.



Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

