

# Praying at Home with your Children

## Morning Prayers

Father in Heaven,  
I give you today,  
all that I think and do and say.  
I give you the good times,  
as well as the bad,  
the times when I am happy,  
the times when I am sad.  
Fill me with grace  
and make me strong  
with you at my side,  
I won't go wrong.  
Amen.

Thank you for loving me.  
Fill me with grace Lord  
that I may have  
the strength to face  
what is before me today.  
I know not what  
today will bring forth  
but make me ready Lord  
for whatever it may be.  
Amen

Father in heaven,  
I give you today,  
all that I think  
and do and say.  
And I unite it with  
all that was done  
by Jesus Christ,  
Your dearest son.  
Amen.

Dear God,  
as I start the day,  
I offer you my  
heart and pray.  
Guide me  
In everything  
I do, and  
keep me always  
close to You.  
Amen.

## Meal Prayers

(Song)  
In the name of the Father,  
and of the Son,  
and of the Holy Spirit, Amen.  
Thank you Jesus for our food.  
Amen. Amen.  
In the name of the Father,  
and of the Son,  
and of the Holy Spirit, Amen.

Bless us, O Lord,  
and these thy gifts,  
which we are  
about to receive,  
from thy bounty,  
through Christ  
our Lord. Amen.

Angel of god,  
my guardian dear,  
to whom God's love  
commits me here.  
Ever this night,  
be at my side,  
to light and guard,  
to rule and guide.  
Amen

Now I lay me  
down to sleep,  
I pray the Lord  
my soul to keep.  
May God guard me  
through the night,  
And wake me with  
the morning light.  
Amen.

## Bedtime Prayers

## Blessing Your Children

Place a hand on their head and trace a small cross on their forehead while offering a blessing.

As he or she leaves for school:

- May God bless you and keep you.
- May the Lord's face shine upon you.
- May God give you peace.
- May God give the angels watch to keep you from harm.

When they are sick or not feeling well:

- May N... receive healing this day. Let the medicine work quickly and restore her to health.
- Take away the pain and give him restful sleep
- Lord of all healing, we pray for N... may he be comforted with your love, protection, and strength.