





We begin our prayers by making the sign of the cross.





# Morning Prayer

Oh my God I give to you,
All I say and think and do.
All my work and all my play,
I will give to you today.

Amen.

# Prayer before Lunch

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

### Prayer after Lunch

Thank you God for the food we have eaten.
Thank you God for our friends.
Thank you God for everything.
Thank you God.
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.



# 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 the hour of our death.

Amen.



# The Glory Be

Glory be the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

Amen.

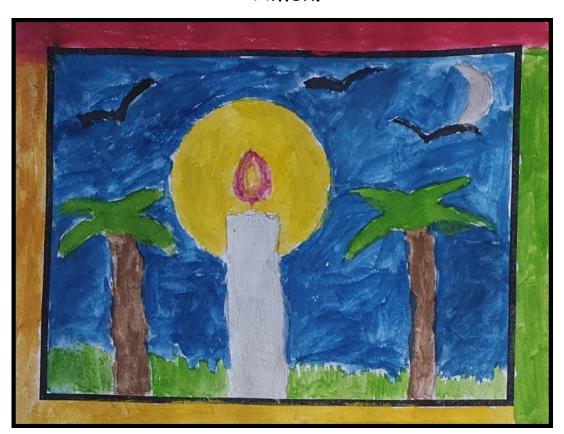


### **Eternal Rest**

Eternal rest give unto them (him/her) O Lord, and let perpetual light shine upon them (him/her).

May they (he/she) rest in peace.

Amen.



# Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful And kindle in them the fire of your love. Send forth your Spirit and they shall be created And you shall renew the face of the earth.

# End of the day prayers

(Can be said or sung)

At the end of the day

We kneel and pray,

and thank the Lord of a lovely day.

We try to be good because we know that we should,

That's our prayer for the end of the day.

#### Amen.

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 sent your light.

#### Amen.

