

FAMILY PRAYERS

A prayer for Morning

**Bless us, Jesus, through this day,
Help us follow in your way.
Keep our hearts both pure and strong
That we may please you all day long.**

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You may wish to have a special place for prayer, or to have some symbols on your table if you have prayer time at meal time.

Some suggestion

- A candle or candles, or for safety, battery operated candles
- A Bible
- Flowers or a plant
- An object that helps you feel close to God - a stone, a piece of art ... (use your imagination!)

You may want to take turns having someone lead and others say the parts in bold and do a reading if you'd like to include that.

If you are worshipping at meal time, after everyone has washed their hands the leader says:

We have washed our hands, not just to keep ourselves safe and not because we're afraid, but because Jesus taught us to love. So we wash our hands as an expression of love for the vulnerable people Jesus loved.

Come, Lord Jesus, be our guest.

Let our time with you be blessed.

The leader or everyone together says or sings 'grace' (a prayer thanking God for the meal)

After the meal you might

- Sing a song (*This Little Light of Mine, It Only Takes a Spark, Jesus Loves Me, He's Got the Whole World in His Hands, Magic Penny ...*)



- Read a passage from the Bible, perhaps from a lectionary (reading schedule), or a short portion from the Gospel according to Matthew, which is part of this year's cycle. If you don't have a child friendly version, you might want to look up the Easy to Read Version at www.biblegateway.com/quicksearch/?quicksearch=matthew&qv_version=ERV
- Spend a few minutes thinking and talking about what seems important to you in the passage, what questions you have about it, and what it might be calling you to do in response

Then the leader says:

Let us, silently or aloud, thank God for our blessings, ask God's forgiveness for ways in which we haven't shown God's love, and name those people and places we should pray for today.

When everyone has had time to offer their prayers, everyone joins in saying the prayer Jesus taught us:

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial, and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and for ever. Amen.**

Let us love and serve the Lord.

Thanks be to God.

† † †

A prayer for Night

**Lord, keep us safe this night,
Secure from all our fears;
May angels guard us while we sleep,
Till morning light appears.**

With some material adapted from
Passing Through the Waters: An Episcopal Prayer Resource for Times of Social Isolation & Pandemic;
Diocese of Algoma Mealtme Prayer in Households During the Easter Season