

FAMILY PRAYER



“Come, Lord Jesus, be our guest.”

Praying together regularly as a family helps remind us of Christ’s presence—in our homes and in all we do. It is an opportunity for family members to pause from the busyness of everyday life and to be reminded that God, not our own incessant activity, sustains us.

Family prayer can be around the table before or after a meal. This is an important reminder that our food and all of our blessings come from God. Bedtime is another popular time for family prayer. It is not only a peaceful way to end the day but also a chance to turn our concerns over to God, knowing that God is present even when we are asleep. If there is time, reading Bible stories can be incorporated into the time the family gathers for prayer.

Although honest and heartfelt prayers often come from children using their own words, the following are some suggestions for use by families. Some are traditional prayers from sources such as *The Book of Common Prayer*. Others are simpler, less formal prayers that might inspire you or your children.

Table Graces

For these and all God's many blessings, God's holy Name be praised. *Amen.*

—*THE BOOK OF COMMON PRAYER*, P. 835

Lord Jesus, be our guest; our morning joy, our evening rest. And with our daily bread impart, your love and peace to every heart. *Amen.*

Bless, O Lord, this food to our use, and our lives to your service. Keep us ever mindful of the needs of others. *Amen.*

Grace for a Meal on the Go

God, we are in a hurry but help us not to forget you. We give you thanks for this food and for the hands that prepared and served it to us. Whether we eat on a plate or from a bag, at home or in the car, help us to remember that you are the one who feeds us. *Amen.*

In the Morning

God, we give you thanks for this new day. Make us aware of your presence in all we do. Help us to love and serve others as you love and serve us. Bring us safely to the end of this day. In Christ's Name, we pray. *Amen.*

Before School

Dear God, bless and be with us as we go to school today. We pray for all teachers and students. Help us to be ready to learn, remembering that you are the source of all truth. Make us respectful and caring toward others. Especially be with _____ (family member) today who _____ (has a test, is having problems with math, etc.) *Amen.*

In the Evening

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

—*THE BOOK OF COMMON PRAYER*, P. 124

At Bedtime

Now I lay me down to sleep, I pray the Lord my soul to keep. When in the morning light I wake, help me the path of love to take; and keep the same for thy dear sake. *Amen.*