

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. 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 are 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

Glory Be to the Father

Glory be to 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

Morning Prayer

O my God you love me,

You're 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

Night Prayer

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 through the dark of night,

And in the morning, send your light. Amen

Grace before Meals

Bless us, O Lord, as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us, O lord.

Amen