



**Sign of the Cross**

From my head to my heart,  
from my shoulder to my shoulder,  
I belong to you,  
God Our Father  
Amen

**Morning Prayer**

Father in heaven, 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

**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

**Grace after Meals**

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

**Afternoon prayer**

God our Father, I come to say,  
Thank you for your love today,  
Thank you for my family,  
And for all the friends you give to me. Guard me in the dark of night,  
and in the morning send your light.  
Amen.