

Our Holy Family Prayer Book





Holy Family Prayers

Morning...

Father in Heaven I give you today,
All that I think and do and say,
I want to join in with all that was done,
By Jesus Christ your dearest son.

Oh God my heavenly Father
I love you night and day,
Your love is always around me to keep all harm away. Amen.

Grace Before Meals....

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

Or

Thank you for the world so sweet
Thank you for the food we eat
Thank you for the birds that sing
Thank you, God, for everything.

Going Home.....

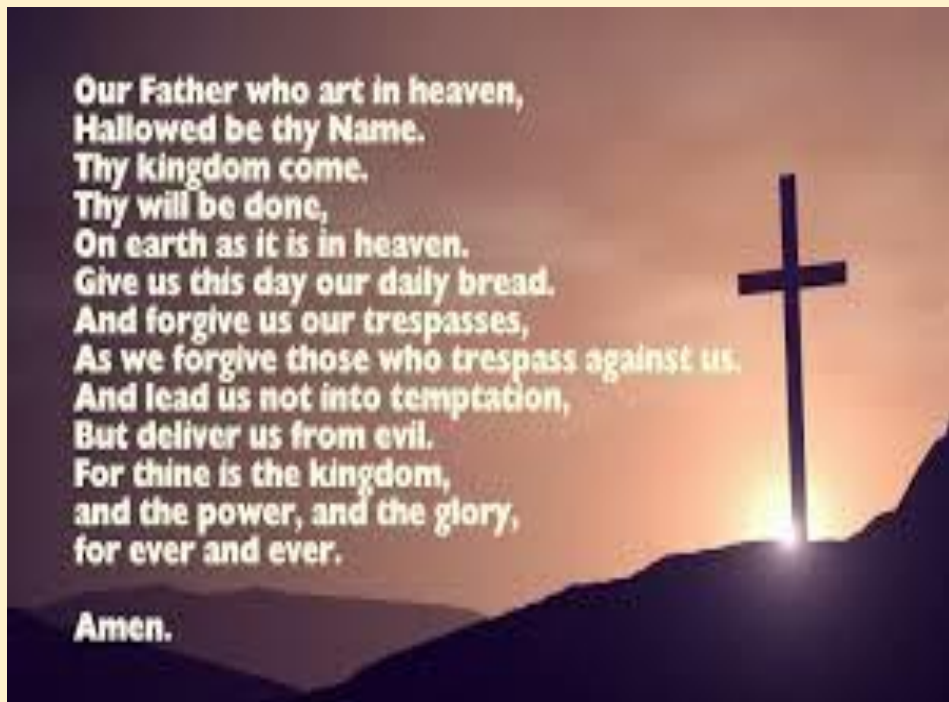
Now the day is over, we lift our hands and say, thank you heavenly father
for today.

We're sorry for the wrong things, but glad about the right.

Keep us Heavenly Father in your love tonight.



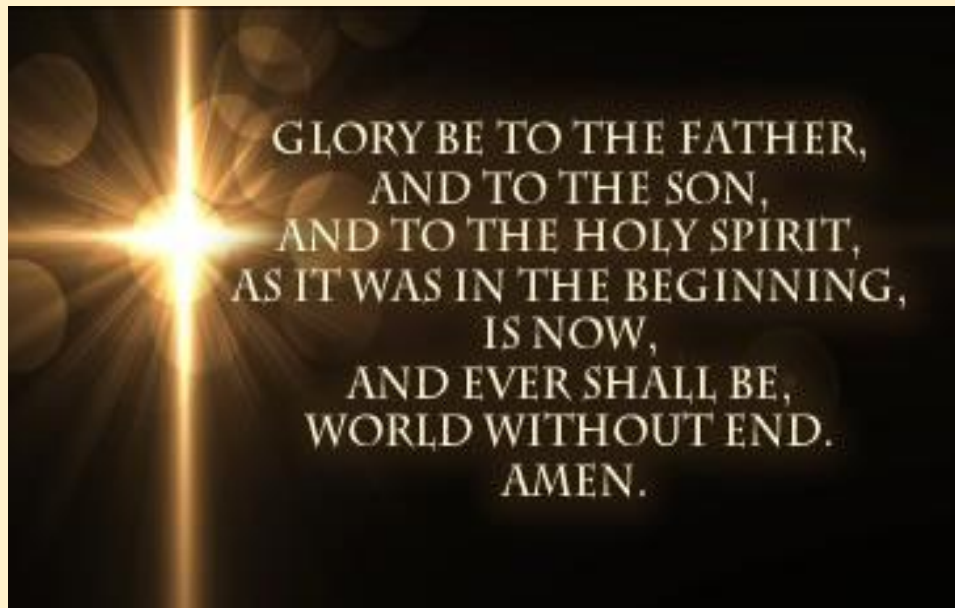
Our Father.....



Hail Mary.....



Glory Be.....

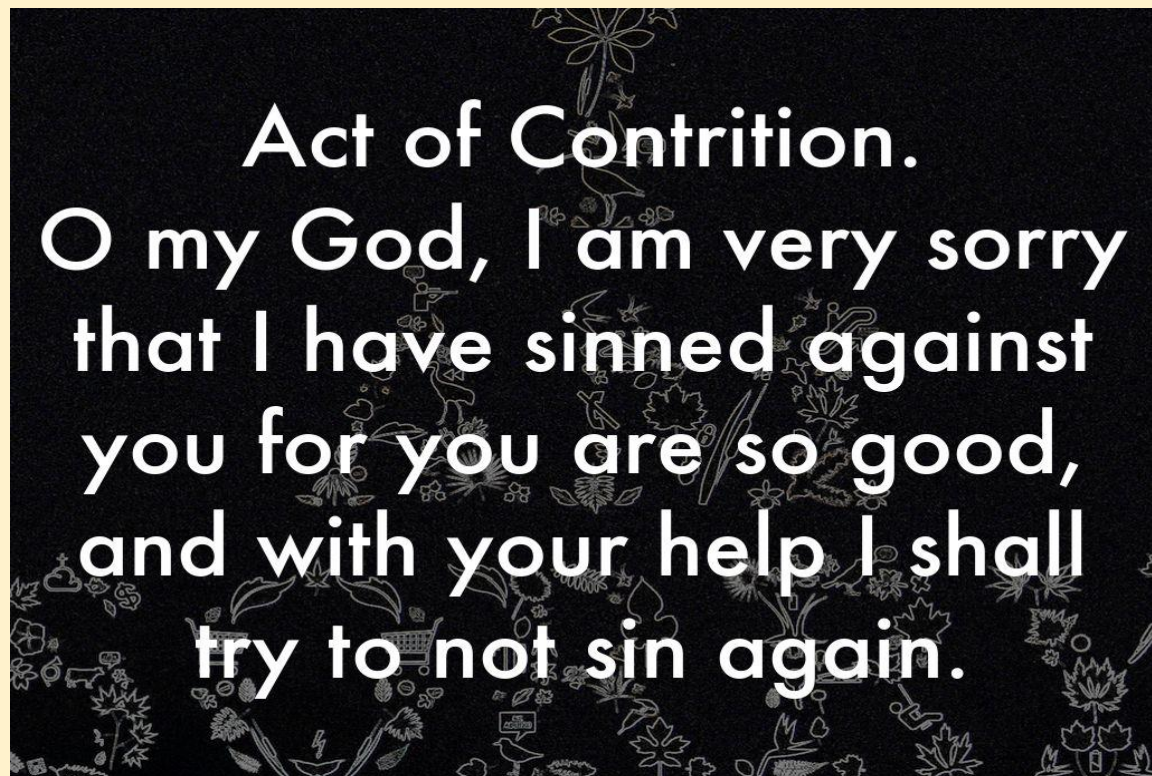


About the Glory Be Prayer...

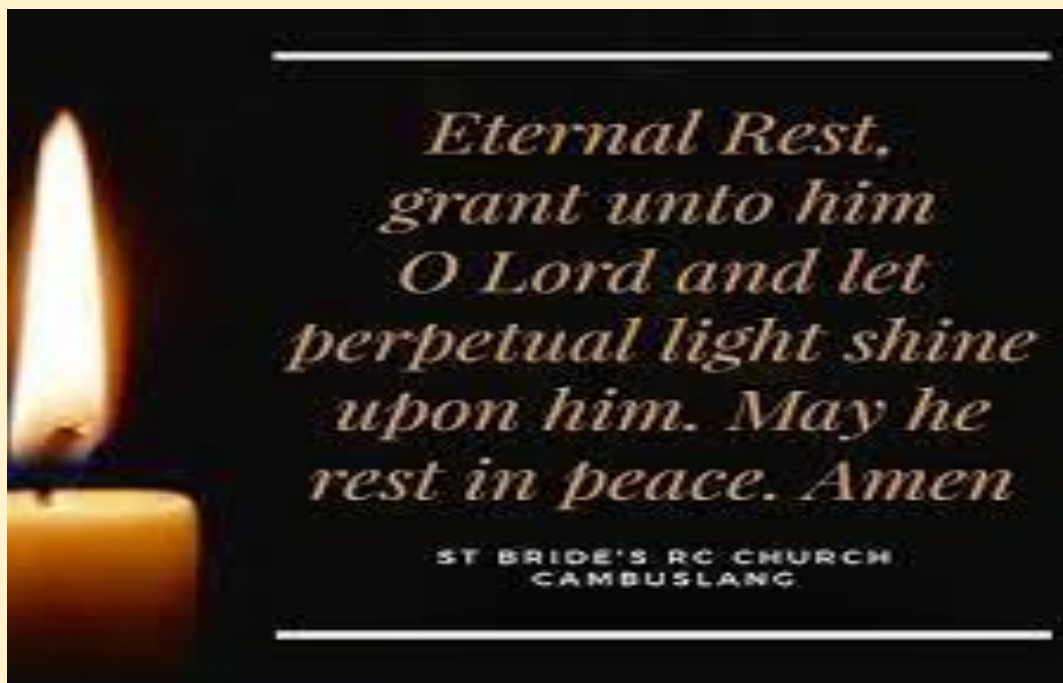
- The **Glory Be Prayer** shows us that:
 - we know about and believe in God: Father, Son and Holy Spirit.
 - we love all Three-in-One as well.
- Do you know what the Father, Son and Holy Spirit are called together? Try guess!
- They are called **The Holy Trinity!**
- Trinity sounds like the word “three”, right? Because they are three!



Act of Contrition.....



Eternal rest.....





Live Simply Prayer

Compassionate and loving God,
you created the world for us all to share,
a world of beauty and plenty.

Create in us a desire to live simply,
so that our lives may reflect your generosity.

Creator God,

You gave us responsibility for the earth,
a world of riches and delight.

Create in us a desire to live sustainably,
so that those who follow after us
may enjoy the fruits of your creation.

God of peace and justice,

You give us the capacity to change,
to bring about a world that mirrors your wisdom.

Create in us a desire to act in solidarity,
so that the pillars of injustice crumble
and those now crushed are set free.

Amen.

Linda Jones / CAFOD



Walk lightly

Walk lightly

Each leaf, each petal,
each grain, each person,
sings your praises,
Creator God.

Each creature on the earth,
all the mountains and great seas
show your glory,
Spirit of love.

And yet the hand of greed
has patented and plundered
your splendour,
has taken and not shared your gift,
has lived as owner of the earth,
not guest.

And so the ice is cracked
the rivers dry, the valleys flooded
and the snowcaps melt.

God our Father, show us
how to step gently,
how to live simply,
how to walk lightly
with respect and love
for all that you have made.

Amen

Linda Jones/CAFOD