



**The Sign of the Cross**

In the name of the Father,  
And of the Son,  
And of the Holy Spirit, Amen.

**The Lord's Prayer**

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.

**The Hail Mary**

Hail, Mary, full of grace,  
The Lord is with thee.  
Blessed art 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**

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

**Prayer before lunch**

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

**End of the Day**

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