



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