Our Family Prayer Book

Praying together, every day

Diocese of Kerry

The 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 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.

Prayer to the Guardian Angel

Angel sent by God to guide me,
be my light and walk beside me,
be my guardian and protect me,
on the paths of life direct me. Amen.

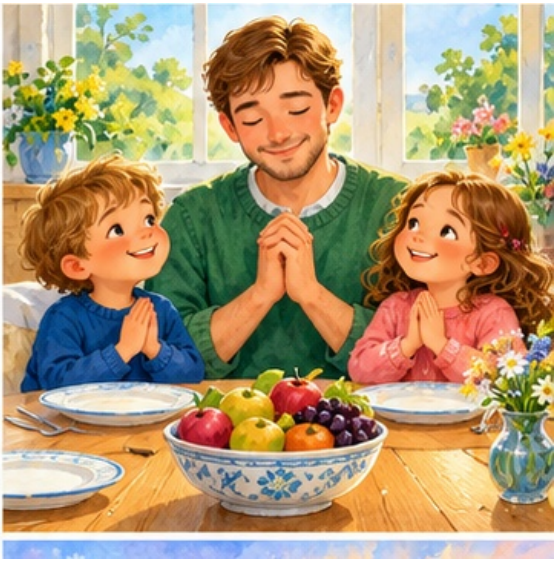
Morning Prayer

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 God, as we sit together,
bless the food we eat today,
bless the hands that made the food,
bless us, O God. 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,
thank you, God. Amen.

Journey Prayer

Arise with me in the morning,
travel with me through each day,
welcome me on my arrival.
God, be with me all the way. Amen.

Night Prayer

God our Father, I've 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.

God is with our family

Find a quiet moment.

Choose a prayer.

Pray together with love.

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