

Dear Jesus, Please help me at school. Sometimes I find it hard, and it's at those times I specially need your help. I know you are with us always. Amen.



Father in heaven hear my prayer.  
Keep me in your love and care.  
When I do those things so wrong,  
Help me change and make me strong.  
Be my guide in all I do.  
Bless all those who love me too.  
Amen

Dear Lord, Thank you for my family; not only for those I live with, but grandparents, uncles, aunties and cousins. Please be with them today. Amen.



Teach me to do the thing that's right  
And when I sin, forgive;  
And make it still my chief delight  
To serve thee while I live. Amen

Dear God, we give  
You this day  
All of our work,  
and all of our play  
All that we do,  
and all that we say  
Amen

Thank You Lord,  
For food and clothes and toys and such,  
We thank you, Lord, so very much.  
And when it's time for us to sleep,  
We ask you, Lord, our souls to keep.



**More information about the work of Mothers' Union in the Diocese of Winchester can be found at [www.muwinchester.org.uk](http://www.muwinchester.org.uk)**

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## PRAYERS for CHILDREN.

*Prayer is Talking to God,  
Listening to God, Loving God.*

The Lord's Prayer is the model of prayer that Jesus taught us, as recorded in the gospels of Matthew and Luke. It is used by the whole family of the world wide church in many different places and languages, and it is often the everyday prayer for Christians. It is presented here in traditional and modern language:

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. For thine is the kingdom, the power and the glory. for ever and ever. Amen



Our Father in heaven,  
hallowed be your name.  
Your Kingdom come,  
your will be done,  
on earth as in heaven  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation,  
but deliver us from evil.  
For the kingdom, the power and the glory are yours. Now and for ever. Amen

## PRAYERS - At meal times

Sharing food at meal times is often the only time when the whole family can be together, it is a special time and a good time to give thanks for the good things that we have -

Lord, Bless this bunch, while we munch our lunch. Amen

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.  
Amen.



Dear Jesus:  
Thank you for this food.  
Bless us all and keep us from harm.  
Guide and direct us, through all our days.

Lord Jesus Christ, As you blessed many with the five loaves and the two fishes, may we too, know your blessing as we share this food, your peace in our hearts, and your love in our lives. Amen.

Loving Father, we thank you for this food,  
And for all your blessings to us.  
Lord Jesus, come and be our guest,  
And take your place at this table.  
Holy Spirit, as this food feeds our bodies,  
So we pray you would nourish our souls. Amen.

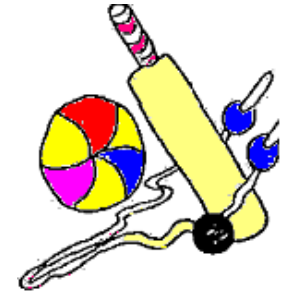


God our Father,  
God our Father,  
Who gives all,  
who gives all,  
Thank you for this dinner,  
Thank you for this dinner,  
Amen. Amen.  
(to the tune of Frere Jacques)

For food in a world  
where many walk in  
hunger  
For friends in a world  
where many walk alone  
For faith in a world  
where many walk in fear  
We give you thanks,  
O Lord. Amen.

## PRAYERS - At other times

Lord I thank you for making me.  
Thank you for all that I can do.  
Thank you that I can  
Run, jump, and play games.  
Thank you that I can listen  
to what you tell me.  
Thank you that you love me whatever I do.



Lord Jesus, Thank you for my friends, and for the games and fun that we share. Please help me to be a good friend to them. Amen.



Sometimes in the night I am frightened.  
I think I can see monsters  
and shadowy people in the dark.  
I hear the stairs creak  
and strange night noises.  
Lord, help me to remember that you are  
always with me and I need not be afraid.

Please help me God  
Please help everyone I know.  
Help me to share my toys.  
Help me to take turns.,  
Help me to be patient.  
Help me to love others.  
Help me to be cheerful,  
when things go wrong.  
Help me to love all animals in your world.  
Help me to learn more about you,  
Thank you God for all your help.  
Amen

