

Prayers for ordinary family moments

Four original Life of a Catholic prayers / Cut along the light borders if you wish.

At the start of the day

Lord Jesus, receive this ordinary day. Guide our work and play, our listening and our words. Help us notice where we can love. Amen.

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Before a meal

God of goodness, thank you for this food and for the people whose work brought it to our table. Remember those who are hungry, and teach us to share. Amen.

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After a difficult moment

Merciful Father, help us speak honestly, repair what we can and begin again with patience. Keep our home a place of safety and care. Amen.

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At the end of the day

God of peace, receive our thanks and our unfinished tasks. Care for the people on our minds. Help us rest in your love and rise ready to begin again. Amen.

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