



Mealtime Prayers for Families

Mealtimes are important times that allow families to come together and connect. Sometimes families want to pray but aren't exactly sure what to say. Here are some simple verse table prayers that can be used to say grace before eating. They are great for families with small children or even for those with older ones.

God is Great

God is great.

God is good.

Let us thank Him for our food.

By His hands, we are blessed.

Thank you, Lord, for this daily bread.

Amen

Come Lord Jesus

Come, Lord Jesus, be our guest,

And let this food to us be blessed.

Amen

Thank You, God, for Everything

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

The Yummy Prayer

For all food yummy

That fills my tummy,

Thank you, God!

Amen!

We Fold Our Hands

We fold our hands.

We bow our heads.

We thank you, God,

For this daily bread.

Amen

Bedtime Prayers for Children

Dear God
As I lay myself to rest,
I pray my loved ones will be blessed.
God, watch over me tonight,
Bless me with Your love so bright.
The angels they will dance and sing,
And to me, sweet dreams they bring.
When I wake to greet the day,
God I know you'll light the way.
~Amen

God
I am not okay.
I am not myself.
I'm drained.
Please calm my mind,
heal my heart, and
take my worries away.
Amen

Thank you God,
for the roof over my head,
a bed to sleep in,
food on my table,
and shoes on my feet.
Forgive me if I ever start
to complain and forget
my great blessings.
Amen

Dear God
I'm thankful for all you give:
for food,
for love, and
a place to live.
I thank you for
my family too.
And I want you to know
that I love you!
Amen



The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



ACTS Prayer Method

Here is an easy way to teach children to pray:

Adoration - Praise God for who He is.

Psalm 48:1

Confession - Confess your sins to God.

1 John 1:9

Thanksgiving - Thank God for what He has done.

1 Thessalonians 5:18

Supplication - Request God's help for yourself and others.

Philippians 4:6-7