

## Bedtime Prayers

### Highs & Lows become Thanks & Asks

Begin by sharing:

- Highs: good things from the day.
- Lows: tough, difficult, challenging or hard things from your day.

After sharing highs and lows then pray:

- Turn your highs into thanks.
- Turn your lows into “asks” (requests)

### Now I Lay me Down

Now I lay me down to sleep,  
I pray the Lord my soul to keep.  
When I wake to another day,  
I pray the Lord to guide my way.

### I Love You, God

I love you, God, with all my might.  
Keep me safe all through the night. Amen.

### PTA Prayers (Praise, Thank, Ask)

First share your highs & lows of the day.  
Then, as you reflect on your day pray:

- **P**raise God for what you experienced.
- **T**hank God for what happened today.
- **A**sk God (Bring your requests to God).

## Blessings

*Blessings for any coming or going -  
bus stop, bedtime or anytime!*

You could:

- Place your hand on your child/spouse's head or shoulder.
- Make the sign of the cross on their forehead.
- Kiss your little finger and trace a cross on their forehead.
- Give them a special hug, and then speak a word of blessing like:
  - The Lord bless you and keep you;  
the Lord make his face to shine upon you  
and be gracious to you;  
the Lord turn his face toward you  
and give you peace (Numbers 6:24-26).
  - The Lord bless and keep you.
  - Jesus loves you and so do I!
  - May God's angels protect you this night.
  - You are a baptized, blessed & beloved child  
of God.
  - Go with God.

....or make up your own!

# Faith Habits for Families

“In all your ways acknowledge Him  
and He will make your paths straight.”

Proverbs 3:6

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 **Immanuel**  
LUTHERAN CHURCH

## Morning Prayers

As you begin the day

### Morning Prayer 1

You kept me safe all through the night.  
I thank you, God, with all my might.  
Amen.

### Morning Prayer 2

Good morning, God!  
Help me this day, in my work and in my play.  
Amen

### Morning Prayer 3

Morning by morning new mercies I see.  
Great is your faithfulness Lord unto me.

### Martin Luther's Morning Prayer

I thank you, my heavenly Father, through Jesus Christ,  
Your dear Son, that You have kept me this night  
from all harm and danger;  
and I pray that You would keep me this day  
also from sin and every evil,  
that all my doings and life may please You.  
For into Your hands I commend myself,  
my body and soul, and all things.  
Let Your holy angel be with me,  
that the evil foe may have no power over me.  
Amen.

## Meal Time Prayers

Before you begin the meal

### Lord, we Thank You

Lord, we thank you for the food before us,  
The friends beside us,  
The love between us,  
And Your presence among us. Amen.

### Come, Lord Jesus

Come, Lord Jesus, be our guest.  
May these gifts to us be blessed. Amen.

### Thank You

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.

### God is Great

God is great, God is good,  
Let us thank Him for our food.  
By His hands we all are fed,  
Give us Lord our daily bread. Amen.

### Peace Grace (Sung to Edelweiss)

Bless our friends, bless our food,  
Come, oh, Lord and be with us.  
May our words glow with peace,  
May your love surround us.  
Friendship and love, may they bloom and grow,  
Bloom and grow, forever.  
Bless our friends, bless our food, bless us all forever.



1. Share your highs & lows
2. Read God's Word or a devotion
3. Talk about how the reading might relate to your highs and lows
4. Pray for one another's highs and lows
5. Bless one another

## At the end of your meal

Don't leave the table until you pray!

### We Thank You Lord

We thank you Lord for this our food,  
for life and health and every good. Amen.

### The Lord's Prayer

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. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

### We Thank Him Then (Sung to "Hi-ho, hi-ho")

We know, we know, from whom all blessings flow.  
We thank Him then, we say, Amen,  
We know, we know!  
(We know, we know, we know)