

## Humphreys' Whānau Daily Prayer Rhythms

(One model that is working for a family of four w/one primary child & one preschool age child)

### ❖ BEFORE SCHOOL PRAYERS

- Call to Prayer, sung: 'Go with us, Lord'  
Go with us, Lord and guide the way  
Through this and every coming day  
That in Your Spirit strong and true  
Our lives may be a gift to You  
Amen
- Spoken Prayer:  
"Popcorn" Prayer in a circle

### ❖ DINNER PRAYERS

- Lighting the Christ candle  
*Why do we light this candle?*  
Because Jesus is the light of the world,  
the light that no darkness can put out!
- Say Grace before the meal (take turns)  
Various

### ❖ BEDTIME PRAYERS

- Call to Prayer, sung: Doxology
- "THANK YOU the LORD" Prayers
- Praying for others (Who are we praying for?)
- 'Lord it is Night' (from the Anglican Prayer book)  
OR 'Loved: The Lord's Prayer' (JSB) by Sally Lloyd-Jones
- Te Aroha



