

Name _____

Catholic Prayers

for kiddos



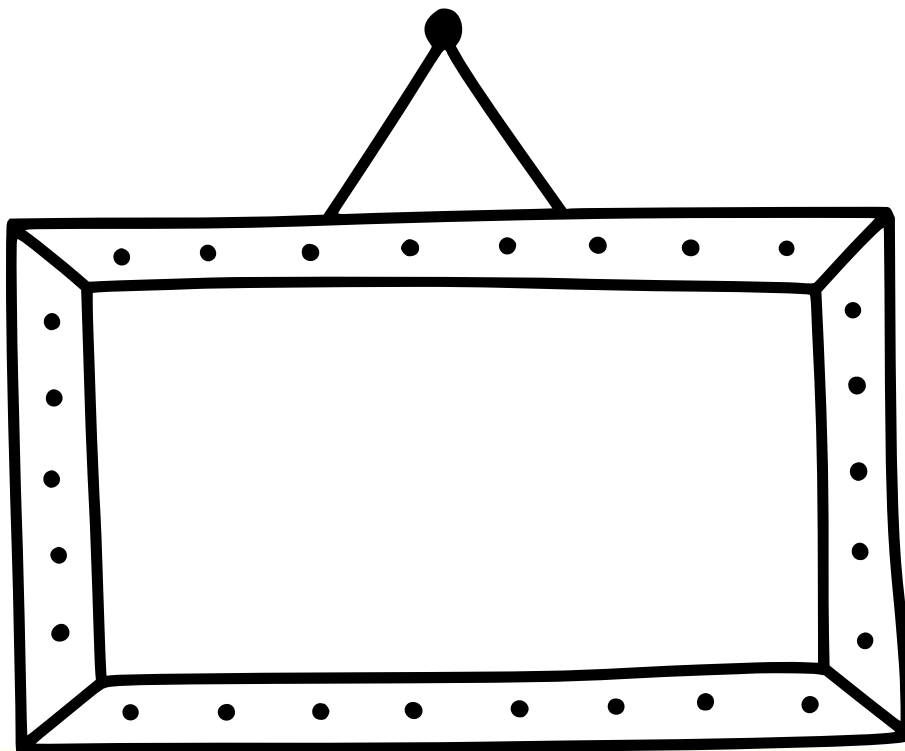


WHY PRAY?

Prayer is important because it helps us talk to God. We can pray when we are happy, sad, scared, or thankful. God listens when we pray. Prayer helps us feel close to God and remember that he loves us. When we pray, we can thank God for our blessings and ask for help when we need it. Prayer is a special way to spend time with God every day.

Think About It:

Draw a picture of yourself praying, and share one thing you would like to thank God for today.

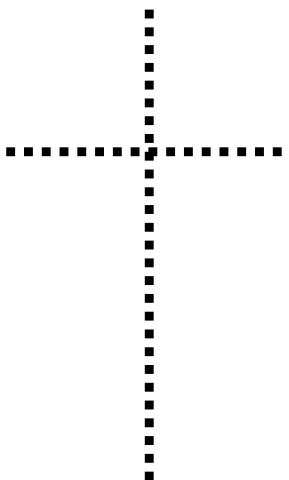




LET'S PRAY!

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



Trace It:

Can you trace the cross? Start at the top and follow the line down. Then trace the line across starting on the left.

Try It:

To make the sign of the cross, use your right hand and touch your forehead (in the name of the Father), your chest (Son), cross to your left shoulder (and Holy), then your right shoulder (Spirit. Amen).

The Lord's Prayer (Our Father)

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.
Amen.



LET'S PRAY!

Hail Mary

Hail, Mary, full of grace, the Lord is with thee.
Blessed art thou among women, and blessed is the
fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death.

Amen.



Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and will be forever.

Amen.



Think About It:

The Glory Be is a doxology,
meaning it is an expression of
glory and praise to God.

How else can you praise God?
Yay God!



LET'S PRAY BEFORE WE EAT

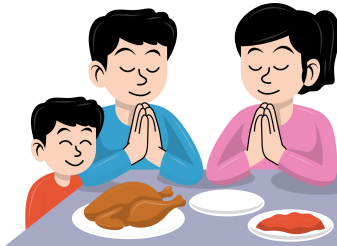
Praying before meals is a way to thank God for our food. The food we eat helps our bodies grow strong and healthy. When we pray before eating, we remember that God takes care of us and gives us many good things. A meal prayer is also a special time to stop, be thankful, and think about God's love.

Bless Us, O Lord

Bless us, O Lord, and these thy
gifts which we are about to
receive from thy bounty through
Christ our Lord.
Amen.

God Is Great

God is great!
God is good!
Let us thank Him
For our food.
Amen.



Good Food

Good food,
Good meat,
Good God,
Let's eat.
Amen.

Thanks for the Grub

Rub a dub dub
Thanks for the grub
Yay God!
Amen.



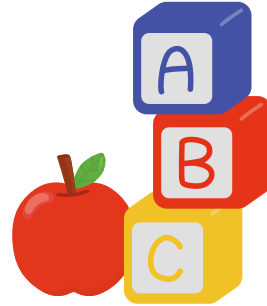


LET'S PRAY BEFORE WE EAT WITH SONG

A B C D E F G

To the tune of the ABCs

A B C D E F G
Thank you, God,
For feeding me.
Amen.



Johnny Appleseed Prayer

Oh, the Lord is good to me,
And so I thank the Lord,
For giving me the things I need;
The sun and the rain and the apple seed.
The Lord is good to me...
Amen!

Activity:

Materials: Paper plate or a circle cut from paper, crayons or markers.

Directions:

1. Draw your favorite meal on the plate.
2. Around the edge of the plate, write or draw 4–5 things you are thankful for.
3. Share your plate with the group.
4. End by saying a simple meal prayer together.



PRAYER BEFORE BED

Praying before bed is a special way to end the day with God. We can thank God for the good things that happened during the day. We can also tell him about our worries and ask for help. Bedtime prayer helps us remember that God loves us and watches over us while we sleep.

Now I Lay Me Down to Sleep

Now I lay me down to sleep,
I pray the Lord my soul to keep.
Angels watch me through the night,
And wake me with the morning light.



Children's Bedside Prayer

Bless me, Lord, as this day ends,
Bless my family and all my friends,
Give me good dreams throughout the night,
And let me wake with joy so bright!





Blessed Sacrament Catholic Church

ABOUT US

Our Mission

To help everyone **recognize** and **experience** the presence of God.



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