

Thank you for subscribing to my update list! I send out discounts, resources and special products from time to time. I hope you enjoy these family dinner prayer cards. Here's how they work: just cut the cards out and put in a small stack next to the dinner table. Take turns choosing from the stack and offering a prayer at dinner. The prayers are simple, inclusive, and memorable. To make the cards even sturdier, laminate or print on cardstock. Enjoy and be sure to watch your email box for more family friendly faith activities!

Peace to you and your family,



Traci Smith

...illuminates the sacred in the everyday ... invites us to turn a lazy Saturday morning breakfast ... or the end of a stressful day into an opportunity to look for God, hiding in plain sight."  
— Rachel Held Evans

**FAITHFUL  
FAMILIES**  
CREATING SACRED MOMENTS AT HOME



TRACI SMITH

Originally titled *Seamless Faith* — now with more practices



Gratitude Prayer: Go around the table and say one thing you are thankful for that happened today. At the end everyone says, "Amen."

Breath Prayer: Take three deep breaths in and out. As you breathe in say to yourself "I'm breathing in God's love and light." As you breathe out say to yourself "I'm breathing out worry and fear." End with "Amen."

Joy and Concern Prayer: Everyone goes around and says one joy they have in their heart and one concern they have in their heart. After everyone has shared, hold hands and say "For these joys and concerns we pray. Amen."

Repeated Prayer: The leader says the phrases one at a time and everyone responds —  
"for food in a world where many walk in hunger // for faith in a world where many walk in fear // for friends in a world where many walk alone // we give you thanks O Lord // Amen."

Doxology Prayer: Say (or sing) this prayer, "Praise God the Source of Life and Birth! Praise God the Word who came to earth! Praise God the Spirit, Holy Flame! All Honor, Glory to God's Name! Amen."

Celtic Prayer: "Bless us, O God, as we sit together. Bless the food we eat today. Bless the hands that made the food. Bless us, O God, Amen."

Your choice prayer! The person who chose this card can either lead a prayer of their choice, or choose their favorite from the pile.

A prayer from New Zealand: "In darkness and in light, in trouble and in joy, help us, God in heaven, to trust your love, to serve your purpose, and to praise your name, through Jesus Christ our Lord, Amen."

Traditional Prayer: "Bless us, O Lord, and these, thy gifts which we are about to receive from thy bounty. Through Christ our Lord. Amen."