

Lord Jesus,

I give you my hands to do your work,  
I give you my feet to go your way,  
I give you my eyes to see as you do,  
I give you my tongue to speak your  
words,

I give you my mind that you may  
think in me,

I give you my spirit that you may  
pray in me.

Above all, I give you my heart that  
you may love in me.

Amen.



## The Magnificat

My soul glorifies the Lord,  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her loneliness;  
Henceforth all ages will call me blessed.  
The Almighty works marvels for me.

Holy his name!

His mercy is from age to age, on those who fear  
him.

He puts forth his arm in strength and scatters  
the proud-hearted.

He casts the mighty from their thrones and  
raises the lowly.

He fills the starving with good things, sends the  
rich away empty.

He protects Israel, his servant,  
Remembering His mercy, the mercy promised to  
our fathers, to Abraham and his sons forever.



## Nunc Dimittis

At last, all powerful Master,  
You give leave to your servant to go in  
peace,

According to your promise.

For my eyes have seen your salvation  
Which you have prepared for all  
nations,

The light to enlighten the Gentiles  
And give glory to Israel, your people.

Give praise to the Father almighty,  
To his Son, Jesus Christ, the Lord,  
To the Spirit, who dwells in our hearts,  
Both now and forever

Amen.





## Prayer for Lunch Time

Bless us, O God, as we sit together,  
Bless the food we eat today.  
Bless the hands that make the food.  
Bless us, O God,

Amen.





## Prayer after Lunch

Thank you, God, for the food we have  
eaten.

Thank you, God, for all our friends.

Thank you, God, for everything.

Thank you, God.

Amen.





## Prayer at the End of the Day

God our Father, we come to say,  
Thank you for your love today.

Thank you for my family,  
And all the friends you give to me.

Guard me in the dark of night  
And in the morning, send your light.

Amen.



## Prayer to the Holy Spirit

O, come, Holy Spirit.  
Fill the hearts of the faithful,  
And enkindle in them the fire of your  
love.  
Send forth your Spirit and they shall be  
created,  
And you shall renew the face of the  
Earth.  
O God, who has taught the hearts of the  
faithful  
By the light of the Holy Spirit,  
Grant that, by the gift of that same Spirit,  
We may be always truly wise  
And ever rejoice in his consolation.  
Amen.



## The Apostles' Creed

I believe in God the Father Almighty  
Creator of Heaven and Earth,  
And in Jesus Christ, His only Son,  
Our Lord, who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
Suffered under Pontius Plate,  
Was crucified, died and was buried.

He descended into Hell:

The third day, he arose again from the dead;  
He ascended into Heaven and is seated at the  
right hand of God the Father Almighty;  
From thence He shall come to judge the living  
and the dead.

I believe in the Holy Spirit, the Holy Catholic  
Church, the Communion of Saints, the  
forgiveness of sins, the resurrection of the body,  
and life everlasting.

Amen.

