

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

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

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."

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."

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."

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."

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."

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