

Prayers to say with children from “Prayers for Faithful Families” by Traci Smith:

“Be still my heart, be still.
Be still my mind, be still.
Be still my feet. Be still my hands.
Be still, be still, be still.”

“Deep peace to you, my child, deep peace.
Peace in your body.
Peace in your mind.
Peace in your spirit.
As you breathe in deeply, breathe in peace.
May the worries in your mind seem far away.
May you know God’s love for you and your family’s love too.
Deep peace to you, my child, deep peace.”

“When someone dies, we know we will miss them. We feel a lot of things all at once – sad, confused, angry. Sometimes we don’t know what to think or feel. Help us each day as our feelings are changing. Help us to remember happy memories of _____. Let us be at peace.”

“When I lose something, I worry: Will I find it? Is it lost forever? I close my eyes and think. When did I have it last? I ask the Spirit to help me remember. I will be happy if I find it. I will have peace if I do not. Everything will be okay. God’s Spirit is with me.”

“God, when there is anger, help us to be calm. When we say unkind things, help us to say we are sorry. When our family is not at peace, help us to look forward to better times. May we trust in better days ahead. Amen.”

“God, when sad things happen, You are sad too. You understand. Thank you, God, for always hearing us. Help us to be kind and peaceful, always. We light a candle to remind us of your love for all.”

“Peace, peace, peace, peace in our hearts, peace.
Peace in our minds, peace.
Peace when we wake, peace when we sleep, peace shining bright in our lives.”