

# MONTHLY PRAYERS FOR FAMILIES | *September*

## A Saturday Night Table Prayer

Gather the family around your family prayer table or around the kitchen table. Have the table prepared with a cloth in the color of the liturgical season, a Bible, and an unlit candle.

You may want to begin by singing a song or refrain about light, such as “This Little Light of Mine.”

Pray together the Sign of the Cross, and continue the prayer as follows.

**Leader:** The flame of the candle reminds us of Jesus, the Light of the World.  
Blessed is Jesus, the Light of the World.

**All:** Blessed is Jesus, the Light of the World. (Light the candle)

**Leader:** Jesus, Light of the World,  
you call us to share your light with the lonely,  
the sad, and the unwanted.

You ask us to share bread with the hungry,  
to clothe the naked,  
and to welcome the stranger.

And so we ask ourselves . . .

Have I been mindful of the needs of others this past week? *(Pause)*

Have I noticed the needs of those in this family? At my workplace? In my class? *(Pause)*

When did I give help to another? *(Pause)*

When did I ask for help? *(Pause)*

**Leader:** May this candle on our family table  
continue to burn brightly as we prepare for Sunday,  
the Lord’s Day.

**All:** Amen.

**Leader:** May the candles that are lit on Sunday  
at our parish Table of the Lord  
remind us of all the Lord has done  
and continues to do for us.

**All:** Amen.

**Leader:** Sunday is a special day,  
a day to pray,  
a day to relax,  
a day to take time to enjoy God’s presence in others.  
And so we pray to welcome Sunday.

Join hands and pray the Lord’s Prayer. Then offer one another a sign of peace.

