

The Holy Family *Grace before a meal*

Dear Lord,

You gave us the example of
The Holy Family, so that we can be guided by
their virtues.

As we come together as a family to eat, may
our time and conversations be of love, joy,
peace, patience,
humility, kindness and forgiveness.

We give thanks for every member of our family
who you have created.

As a family, let us respond to Your call and Your
will.

We give thanks for the food we are about to
receive and pray for those who struggle at this
time for the main
necessities of life.

We make this prayer
through the intercession
of Jesus, Mary and Joseph,
Your Holy Family.

Amen.

