



Whenever we eat we all say grace  
so God will bless our meal.  
Then we talk about the day  
and all take turns as we reveal  
the highs-and-lows in each person's day.

There's joking and there's laughter.  
And then?  
My family—together—  
cleans up the kitchen after.

Sometimes we're tired and cleaning's hard,  
but we try to make it fun.  
I think it makes God smile when  
we're a team and act like one.





Usually, after dinner,  
we make time for “Family Praise.”  
We like to try to worship God  
in lots of different ways.

Some nights, we pray the Rosary,  
or sing praise and worship songs.  
Or Mom or Dad share Bible stories  
and we all read along.





We pray for others too,  
like my friend Sam who broke his arm.  
We ask that God would heal their hurts  
and keep them safe from harm.

If we have a special problem,  
then we pray about that too.  
It's good to ask for God's help when  
you don't know what to do.