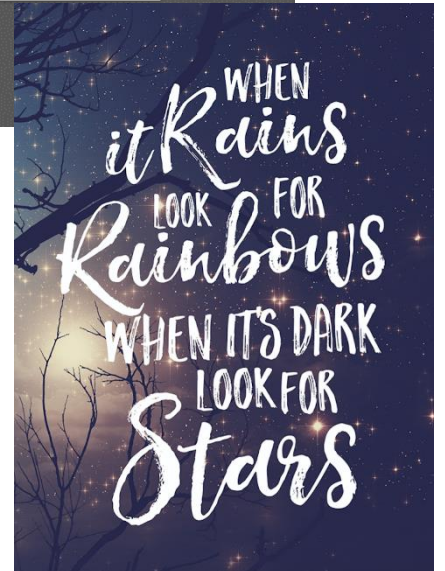
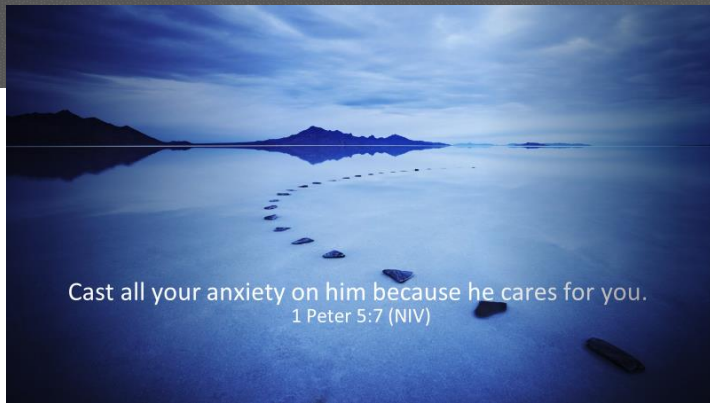


**A prayer for families** adjusting to new ways of life:

Prayer for families adjusting to new ways of life

Heavenly Father,  
as families adjust to everyone being home,  
as businesses and schools close,  
we ask that you guide and support people in their new realities.  
Grant all grace, wisdom and compassion for each other.  
Enable exhausted parents and carers  
to speak words of kindness and encouragement  
to their children and young people.  
Help and nurture all to engage with  
and explore the beauty you have created recognising  
the need for kindness and consideration . Amen



When you are burdened remember to pray...

Don't just focus on the negative but look for the positives also...