



Teaching Technique - PRAYERS (plus Affirmations & Acknowledgments)

- **Our sacred words (morning session):**
"We start the day with love. We fill the day with love. We end the day with love. This is the way we live."
- **Forbearance Prayer (morning session):**
"Let us have forbearance towards each other.
Let us rejoice together. Let us all strive together.
Let us live and move in harmony.
Let us grow together.
Let us cherish the wisdom that we have acquired together.
Let us live in complete harmony without any misunderstanding."
- **Universal Prayer (morning session):**
"May all beings in the world be happy."
- **Namaste Prayer (morning session)::** "Namaste! (pronounced 'naam-us-tay')
We honour the goodness in each other.
- **Prayers of Saint Francis of Assisi (afternoon session)::**
 1. Lord Make me an instrument of thy peace.
 2. Where there is hatred, let me sow love;
 3. Where there is injury, pardon;
 4. Where there is doubt, faith;
 5. Where there is despair, hope;
 6. Where there is darkness, light;
 7. Where there is sadness, joy;
 8. O divine master, grant that I may not so much seek to be consoled as to console;
 9. To be understood as to understand;
 10. To be loved as to love;
 11. For it is in giving that we receive;
 12. It is in pardoning that we are pardoned;
 13. It is in dying to self that we are born to Eternal Life.
- **The Prayer of Light (afternoon session):**
"May this night (or weekend) be filled with Peace (or Love, Truth, Right Conduct or Non-violence)".
- **Food Prayer (Grace):**

*We give thanks for this food.
We pray that it makes us healthy, happy,
peaceful and loving.
We give thanks for our parents, our teachers
and all those who support Toogoolawa School.
We pray that everyone in the world will be given enough food to eat
and enough clean water to drink. Amen*

