

## SOME PRAYERS AT MEALS

Bless us, oh Lord, and these thy gifts,  
which we are about to receive from thy bounty,  
through Christ, our Lord.  
Amen.

God, we thank you for this food.  
For rest and home and all things good.  
For wind and rain and sun above.  
But most of all  
for those we love.  
Amen!

Give us grateful hearts, O Father,  
for all thy mercies,  
and make us mindful of the needs of others;  
through Jesus Christ our Lord.  
Amen.

Thank you, Lord, for this food which is set before us.  
May we use it to nourish our bodies,  
and thee to nourish our souls.  
Make us ever more mindful of the needs of others,  
and the needs of our planet.  
Through Christ Our Lord, Amen.

Dear Lord, thank you for this food.  
Bless the hands that prepared it.  
Bless it for our use, and bless us to your service  
And make us ever mindful of the needs of others.  
Through Christ our Lord we pray. Amen

Father of us all,  
This meal is a sign of Your love for us:  
Bless us and bless our food,  
And help us to give you glory each day  
By the ways we talk, the things we do, and the attitudes we hold.  
Through Jesus Christ our Lord.  
Amen!

Bless, O Lord, this food we are about to eat;  
and we pray You, O God,  
that it may be good for our body and soul;  
and if there be any poor, hungry or thirsty walking along the road,  
send them into us that we can share the food with them,  
just as You share your gifts with all of us.