

Prayers
for
Family Meals



GRACE BEFORE MEALS

Bless us, O Lord, and these your gifts which we are about to receive from your bounty.

Through Christ our Lord. Amen

For food in a world where many walk in hunger, for friends in a world where many walk alone, for faith in a world where many walk in fear, we give you thanks, O God. Amen.

God is great, God is good!

Let us thank God for our food. Amen



For your gracious blessing we give thanks O Lord.

For your loving kindness we give thanks O Lord.



(Sing to the tune of *Edelweiss* from the Sound of Music)

Bless our friends, bless our food, come, O Lord, and sit with us.

May our talk, flow with peace, come with your love to surround us.

Friendship and love, may they bloom and grow, bloom and grow forever.

Bless our friends, bless our food, Bless all people forever.



...Before meals Cont.

For the food we are about to eat and for the life that it nourishes let us offer thanks to God. Amen.

Loving God, all that we have comes from your goodness and the work of those who love us.

Bless us and the food we eat.

Watch over those who care for us.

Open our eyes to the needs of the poor.

We ask this in the name of Jesus. Amen.

Our hands we fold our heads we bow.

For food and drink we thank God now, Amen.

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Thank you God for milk and bread and other things so good.

Thank you God for those who help to grow and cook our food. Amen.

All good gifts around us are sent from heaven above.
Then thank the Lord, O thank the Lord, for all his
love.

Amen.

For health and strength and daily food, we give you

 thanks, O Lord. Amen 

GRACE AFTER MEALS

We give you thanks, Almighty God, for these and all
the benefits we receive from your bounty.

Through Christ our Lord. Amen.

Blessed be the name of the Lord.

Now and forever. Amen

Let us take a moment to thank God for our food, for
friends around the table and everything that's good.

(take a minute to add something "good" you are thankful for)

Amen.

