

OUR GRATEFUL HEARTS: SIMPLE PRAYERS BEFORE WE EAT

Come Lord Jesus Be our Guest.
Let These Gifts to Us Be Blessed.
Amen.

Blessed are You, Lord our God,
King of the universe,
who nourishes the entire world
with goodness, grace, kindness,
and mercy.

Heavenly Friend,
We give thanks for the food
before us,
the friends beside us,
and the love between us.

For the things that were hard and
the things that were easy,
For fruits, and veggies and foods that are cheesy,
For facts we know and mysteries we can't see,
For Your great big love given so freely,
We say thank you God and now eat gratefully! Amen

Inhale: (Silently say the first words)
Thank You God
Exhale: (Complete the phrase)
For Your Gifts (love...).
Repeat: (1-10 xs) Changing the Exhale

God our hearts our full
as we eat our fill,
Thank you for people, places,
things, and ideas. Amen

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