

Times to Pray ~ What are mealtime prayers?

"The purpose and effort of a blessing over any object or activity, person or circumstance is not so much to alter the symbol or inner life of its reality: it is to thank God for the gift of its existence and use, to offer that use back to him. By blessing any object we thank him for the medium in which we shall use it, for the way God's goodness is revealed through it. In this sense it is to make the object very special." (From *Celtic Blessing and Prayers: Making All Things Sacred* by Brendan O'Malley)

- 1) Bless O Lord this food to our use and us to your loving service; and keep us ever mindful of the needs of others. Amen.
- 2) Some have meat and cannot eat; Some cannot eat that want it: But we have meat and we can eat so let the Lord be thankit!
- 3) God bless this food, which we now take; And do us good for Jesus' sake. Amen
- 4) God is great, God is good, Let us thank God for our food. Amen
- 5) For health and food, for long care, for friends and blessing everywhere, dear God we thank You. Amen.
- 6) For what we are about to receive, may the lord make us truly thankful. And may we always be mindful of the needs of others, for Jesus sake, Amen.
- 7) Thank you for the world so sweet, thank you for the food we eat. Thank you for the birds that sing, thank you God for everything.
- 8) Let us thank God for food when others are hungry; for drink when others are thirsty; for friends when others are lonely. Amen.
- 9) All that we have is all a gift. It comes, O God, from you; We thank you for it. Amen
- 10) The eyes of all who wait upon you, O Lord, and you give them their food in due season. You open wide your hand and satisfy the needs of every living creature. Amen
- 11) For all we eat, and all we wear, For daily bread, and nightly care, we thank you O Lord. Amen.
- 12) Come Lord Jesus, be our guest, May this food by you be blest, May our souls by you be fed, Ever on the living Bread. Amen.

One idea – have a set of dice and the list of prayers. At each meal time, have a different person roll the dice and read the corresponding prayer. You could also say that if anyone rolls doubles, she has to come up with her own prayer.