Grace Before Meals

It is good to give thanks before we share a meal together. Our grace doesn’t need to be long or complicated. We can use our own words, or ones already written.

*A Variety*

Bless us Oh Lord, and these your gifts, which we are about to receive, from your bounty, through Christ, Our Lord. Amen.

God, bless this food so that it will strengthen us. In your name. Amen.

Gracious God, We ask your blessing on this food we are about to eat. Bless all those who prepared and provided it for us. Bless all who share our food and our lives.

God is great, and God is good, And we thank him for our food; By his hand we all are fed; Give us, Lord, our daily bread.

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.

O Lord, we thank you for the gifts of your love which we enjoy at this table. As you have provided for us in the past, so may you sustain us throughout our lives. While we enjoy your gifts, may we never forget the needy and those in want.

Bless this food to our use, and us to your service. Fill our hearts with grateful praise. Amen.

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| God who made the sun and rain  God who cheered the growing grain  God who gives us daily bread  Bless us now as we are fed | Thank you for the food we eat,  Thank you for the world so sweet,  Thank you for the birds that sing,  Thank you God for everything. Amen |
| For food in a world where many walk in hunger;  For faith in a world where many walk in fear;  For friends in a world where many walk alone;  We give you thanks O Lord. Amen | We thank You loving God,  For everything you have made:  For life and health and family,  And for our daily food. Amen |

**Grace in other Languages** A very small sample

*Te Reo*

E te Atua, whakapaingia ēnei kia ora ai mātou. Amene.

*Samoan*

Fa'afetai Iesu foai mai meaai tausi ai matou le fanau. Amene.

*Tagalog*

Basbasan mo kami Panginoon at itong iyong mga handogmula sa iyong.