



Mealtime prayers go back for centuries and were part of the Jewish traditions as far back as Moses. Deuteronomy 8:10 states “When you eat and are full, you will praise the Lord your God for the good land he has given you.” The early Christians included mealtime prayers in their teachings also. Our Lord himself gave thanks before feeding 5,000 from just five barley loaves and 2 fish. Mealtime is a time to share Christ’s love and fellowship and give thanks for God’s generous provisions.

Guidelines for the faith building practice of mealtime prayers:

- Start with a brief silence to focus and breathe
- Come up with a plan beforehand as to who will offer the prayer
- Don’t be afraid to be creative
- Be consistent!

Children's Graces (taken from www.learnreligions.com)

Dear Lord, bless this bunch
As we munch on our lunch. Amen

ABCDEFGG

Thank you God for feeding me. Amen.

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. Amen.

God is great.
God is good and we thank him for this food.
By his hand we are fed. Give us Lord our daily bread. Amen.

Johnny Appleseed Song

Oh, the Lord is good to me and so I thank the Lord
For giving me the things I need, the sun, and the rain,
And the apple seed. The Lord is good to me. Amen.

Come, Lord Jesus, be our guest
May this food by you be blest. Amen

Table Graces for Youth, Teens and Adults (www.lords-prayer-words.com)

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

Thank you for the yummy meals,
For fruit and bread and cheese.
Thank you God for this great world,
For trees and fields and bees.
Thank you God for families,
For laughter and for fun.
Thank you now for this fine food,
And bless it to our tum. Amen.
Father, Son, and Holy Spirit

Thank you for your presence with us.
Bless this food to our bodies
That we may be strong to serve, gracious in giving
And overflowing with love. Amen

Father, thank you for the nourishment,
For the warmth of the sun and the refreshment of water.
For the miracle of the seed and the reaping of harvest.
For the wonder of taste and the blessing of food with loved ones. Thank
you, Lord. Amen.

Irish Grace

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

A Prayer for the Drive Thru ([www. crosswalk.com](http://www.crosswalk.com))

Father, thank you for the drive thru, that saves our time on busy days. We pray for those who prepared the food, and we ask that we would be a blessing to them during our brief encounter today.

We remember that they are your children and we should treat them with kindness and respect, so that they will be able to see you in our actions. Bless this food to our bodies and keep us safe on the road today.

In Jesus name, Amen

Mealtime Grace Resources

Table Grace Dice –(Amazon.com) The prayers are right on the dice.

[Peanut Butter and Jelly Prayers](#) by Julie Sevig (Amazon.com)

[First I say a Prayer](#) – A colorful book filled with rhyming prayers (Amazon.com & Walmart.com)

[Thank you for This Food](#) – Action prayers, Blessings and Songs for mealtime (Amazon.com)

There are numerous websites that contain prayers for all ages.