

A Collection of Table Graces

Loving God,
bless our food and drink
our friendship and our laughter
that we may be renewed
in body, mind, and spirit
to work together for the coming of your kingdom
of justice, love, and peace. Amen.

*by Maureen Edwards,
in Blessed be our Table,
Wild Goose 2003*

Bless, O God, this food to our use,
and us to thy service,
and make us ever mindful
of the needs of others. Amen.

In a world where so many are hungry,
may we eat this food with humble hearts;
in a world where so many are lonely,
May we share this friendship with joyful hearts.
Amen.

God bless to us our bread,
And give bread to all those who are hungry
And hunger for justice to those who are fed.
God bless to us our bread. Amen.

by John Bell

O Thou,
the Sustainer of
our bodies, hearts, and souls,
Bless all
that we thankfully
receive.

- a Sufi thanksgiving by Inayat Kahn

May this food restore our strength,
giving new energy to tired limbs,
new thoughts to weary minds.
May this drink restore our souls,
giving new vision to dry spirits,
new warmth to cold hearts.
And once refreshed,
may we give new pleasure to you, who gives us
all. Amen.

We look to you, O Lord,
for food to nourish our bodies,
for grace to strengthen our spirits,
for love to enrich our life;
through Jesus Christ our Lord. Amen.
For health and friends and daily bread
we give you thanks, O God. Amen.