

Meal Time Prayers

Prayer Before Meals

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

Prayer After Meals

We give you thanks
for all your gifts,
almighty God,
living and reigning
now and for ever.
Amen.

Other Ideas

1. Ask each family member to share what they are thankful for that day.
2. Ask each family member to share their highs and lows of the day.
3. Ask each family member to share what brought them life today and what took life away from them.
4. Ask each family member to share what they would like from God tomorrow.
5. Ask each family member to share how everyone else can pray for them.
6. Read the gospel passage of the day.