

## Meal time Prayers

Here is a collection of prayers that could be spoken or sung before or after meals. As far as can be ascertained, they are all in the public domain.

Make up some more of your own. You could try using well known tunes.

### Spoken Prayers

Lord, Bless this bunch,  
While we munch our lunch. Amen.

God is great.  
God is good.  
Let us thank him for our food. Amen.

Lord Jesus Christ,  
You blessed the five loaves and the two fishes.  
Bless this food we share.  
Place your peace in our hearts,  
and your love in our lives.  
Amen.

Lord, make us truly grateful for the blessings of  
this day. Amen

Almighty God, you open your hand,  
and we are fed.  
Be at this table, we pray,  
and bless our family.

For health and strength and daily bread  
we praise your name, oh Lord.

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

Come, Lord Jesus, be our Guest,  
And let thy gifts to us be blessed. Amen

For health and food, for love and friends.  
For everything thy goodness sends,  
Father, in heaven, we thank thee.

God is great and God is good  
God is good, God is good  
Let us thank him for this food. Alleluia!

For food and all your gifts of love,  
We give you thanks and praise.  
Look down, O Jesus, from above,  
And bless us all our days.

1,2,3,4,5  
Lord, Thanks for food  
That keeps us alive. Amen



God, heavenly Father, bless us and these thy  
gifts,  
which we receive from thy bountiful goodness,  
through Jesus Christ, our Lord.

O Lord, we thank you for the gifts of your bounty  
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.

We thank thee, heavenly Father,  
For every earthly good,  
For life, and health, and clothing,  
And for our daily food.

For health and strength and daily food,  
we praise thy name, O Lord.

Heavenly Father, great and good,  
We thank thee for this daily food.  
Bless us even as we pray;  
Guide and keep us through this day.

To God who gives us daily bread  
A thankful song we raise,  
And pray that he who sends us food  
Will fill our hearts with praise.

*(Breakfast/Lunch/Dinner/Tea time . . .  
. . .or name the food being served) is here*  
The table is spread.  
Thanks be to God  
Who gives us bread.

### **A meal time grace with actions**

God bless us *(hands on head)*  
God bless our food *(hands around plate)*  
Amen. *(hands folded)*

## Sung Graces

### God in heaven

God in heaven, God in heaven,  
Who gives all, who gives all,  
Thank you for this meal time,  
Thank you for this meal time.  
A-a-men. A-a-men.

*(to the tune of Frere Jacques)*

### Thank you prayer

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.

*(to the tune of Twinkle Twinkle Little Star)*

### Be Present at our Table

Be present at our table Lord.  
Be here and everywhere adored.  
His mercies bless and grant that we  
May feast in heaven with thee. Amen!

*(to the traditional tune by John Wesley OR  
to the tune of Hernando's Hideaway)*

### Come Dear Lord

Come dear Lord, be our guest  
As we gather together.  
May our heart glow with love,  
Keep us close to you ever.  
*(Refrain)* Friendship and joy, may they bloom and  
grow.

bloom and grow forever,  
Bless our homes, bless our friends,  
Bless each of us forever.

*(to the tune of Edelweiss)*

### We Thank Him Then

We know, we know,  
from whom all blessings flow  
We thank him then  
We say Amen  
We know, we know!  
(We know, We know, We know—  
repeat until tired!)

*(to the tune Hi Ho Hi HO)*

Thank you for the food we eat, Hallelujah.  
Thank you for the friends we meet, Hallelujah.  
Thank you for the birds that sing, Hallelujah.  
Thank you Lord for everything, Hallelujah.

*(to the tune Michael Row rhe Boat Ashore)*

### God is Great Rock Grace

God is great, God is good  
Let us thank Him for our food  
We're gonna thank Him morning, noon and night  
We're gonna thank Him 'cuz He's outta sight  
Amen, amen, amen, amen....do do do! Yeah!

*(to the tune of Rock Around the Clock )*

