

**Sample Prayers of Thanksgiving Before or After Meals and Sample Scriptural Passages
and the Promotion of Healthy Nutrition**

**A more complete set of table prayers can be accessed from the Board's Religious and Family Life
Education iShare site.**

Come, Lord Jesus, be our Guest
And let Your gifts to us be blest.
Amen.

Dear Lord, we give you thanks:
For food, in a world where many walk in hunger,
For faith, in a world where many encounter injustice,
For community, in a world where many experience loneliness.
Lord, we ask your blessing upon this meal that we are about to receive through Christ our Lord. Amen.

Jesus, bless what You have given,
Feed our souls with bread from heaven;
Guide and lead us all the way In all that we may do and say.
Amen.

Thank you, Lord, for this food which is set before us. May we use it to nourish our bodies, and you to nourish our souls. Make us ever more mindful of the needs of others, and the needs of our planet. Through Christ Our Lord. Amen.

Lord God, we thank you for all the good things you provide,
and we pray for the time when people everywhere shall have the abundance they need.
Amen.

Harvest of Justice Table Prayer 2003

Gracious God, we join our hands in prayer giving thanks for the food on our table. We give you thanks for life and all that we receive from your hands. Keep us mindful of the hands that prepared these gifts and especially the hands of farm workers who have made this bounty possible. Open our hearts to the awesome opportunities of life your love presents. May this food sustain us as we join you, our sisters and brothers in creating a humane and just world. We pray in your holy name.
Amen.

Sample Scriptural Passages and The Promotion of Healthy Nutrition

A more complete set of scripture passages can be accessed from the Board's Religious and Family Life Education IShare site.

Teachers may wish to incorporate scripture into their lessons on nutrition. Below are some passages for consideration.

28 God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' 29God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. 30And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.' And it was so. 31God saw everything that he had made, and indeed, it was very good.

Genesis 1: 28-31

27 These all look to you
to give them their food in due season;
28 when you give to them, they gather it up;
when you open your hand, they are filled with good things.

Psalms 104

23 The stomach will take any food,
yet one food is better than another.

Sirach 36: 23

The Kingdom of God may be compared to a king who gave a wedding banquet for his son.

Matthew 22: 2

... for I was hungry and you gave me food, I was thirsty and you gave me something to drink.

Matthew 25:35