

SUNDAY

Blessed are you, Lord, God of all creation. Through your goodness we have this meal to share: the fruit of your bounty and the work of human hands. As this meal becomes part of our substance may we give you honor and glory by the sharing of our lives with others. And so together we pray: *Bless us, O Lord...*

MONDAY

Full of joy and gratitude for God's goodness to us, we say 'Thank you Lord' from the bottom of our hearts. We look at the food prepared by loving hands and we look into the faces of those who share this meal as we pray: *Bless us, O Lord...*

TUESDAY

We give you thanks, O loving God, from grateful hearts for this meal, for your love, for your provision of food and for those who prepared this meal. Help us to remember that you are with us around this table and may our hearts, words and sharing with others be a blessing to you in return, as we pray: *Bless us, O Lord...*

WEDNESDAY

We lift our hearts in praise and thanksgiving to God who gives us every good gift. We thank God for his generous peace, joy, and strength that comes to those who share their gifts with others. In gratitude we pray: *Bless us, O Lord...*

THURSDAY

All that we have is a gift that comes from you, O God. This meal is but a symbol of how we are nourished by your gifts. Help us to share our gifts with others so they may be nourished by your goodness as well. And so, with grateful hearts we pray: *Bless us, O Lord...*

FRIDAY

For food in a world where many walk in hunger; for faith in a world where many walk in fear; for family and friends in a world where many walk alone; for generous hearts to share like yours: we give you thanks, O Lord, as we pray: *Bless us, O Lord...*

SATURDAY

Oh Lord, we thank you for your loving provision of this meal. May we never forget those who have want and are in need. May our eyes and our hearts be alert and our hands be open to give from the abundance you have given us. And so together we pray: *Bless us, O Lord...*