

# Table Graces

## TABLE GRACES



Dear God, I gratefully bow my head  
to thank you for our daily bread.  
And may there be a goodly share  
on every table, everywhere. Amen.



Creator of all life, bless this food that is before us.  
Strengthen our commitment to share the gifts you  
have given us so that all may have food each day.  
Amen.



At our table may there be  
love in every heart for Thee.  
By thy goodness we are fed,  
and we thank Thee for this bread. Amen.



We thank you Lord, for this our bread,  
and all the blessings on us shed.  
We pray you fill us with your love,  
and guide us to your home above.



We are the hands and feet of Christ  
Serving by grace, each other's need.  
We dare to risk and sacrifice  
With truthful word and faithful deed.  
*(from the hymn "In Loving Partnership," by Jim and  
Jean Strathdee)*



Dear God, we have been given so much. Help us  
to express our thankfulness for this abundance by  
committing ourselves to the feeding of all your  
people. Amen.



Thanks be to God the Father Almighty. Thanks be  
to God who gives us bread. Thanks be to God the  
Father Eternal. Amen. *(Haiti)*



Gracious God, we thank you for this food. Let it  
nourish our bodies to make us strong in your  
service. Amen.



In gratitude we bow our heads to thank Thee for  
our daily bread. And may we use the strength it  
brings for doing kind and helpful things. Amen.  
*(Appalachia)*



God, we thank you for the food we're about to  
partake. Bless it that we may serve Thee in health  
and strength. Amen. *(Appalachia)*



We thank thee, Lord, for happy hearts, for rain  
and sunny weather. We thank thee, Lord, for this  
our food, and that we are together. Amen.



Come Lord Jesus be our guest. Let thy gifts to us  
be blest. May there be a goodly share on every  
table everywhere. Amen.



We thank you, gracious God,  
that we are the guests at your table.  
As we have been fed by your gifts of life,  
so we will share with the world all that  
you give to us in love. *(Australia)*



Dear Lord, our world is divided  
into the rich and the poor,  
the haves and the have nots,  
the hungry and the full.  
We are truly the rich of this world.  
Let us remember those who are hungry today ...  
in our prayers and with our offerings.  
In Christ's Name, Amen.



Oh God, we praise you for your power. Thank you for the bounty which you have given to us, our families and congregation. Your miracles today are as great as when the thousands on the hillside were fed and filled, and the disciples found that there was even a surplus. Help us to always be mindful of those who are hungry and to be willing to share a portion of our many blessings with them. In Jesus name ... Amen.



Almighty God, hear us as we pray for those who suffer; for all who are handicapped in the race of life through no fault of their own; for those whose livelihood is insecure, the overworked, the hungry and the destitute; for little children, whose surroundings hide them from love and beauty; for those who are in doubt and anguish of soul, for those who are oversensitive and afraid; for those whose suffering is unrelieved by the knowledge of your love; for those who suffer through their own wrong doings. We pray for a structure in society that will enable every person to belong somewhere. We think of the risen Lord and the Kingdom of life. May it come, beginning with our giving ourselves to humanity. In Christ's name we pray. Amen.



This is the real prayer of millions . . .  
bread to eat, to keep them alive,  
bread to give them strength to work,  
bread to share with sister and brother,  
bread enough to sleep painlessly.  
Give them this day their daily bread.

This is the real hope of thousands . . .  
bread is knowledge about improving crops,  
bread is training in animal care,  
bread is having enough to share,  
bread is water and soil and sun and skill.  
Give them this day their daily bread.

This is the key that unlocks closed doors...  
bread for all through fair and just distribution,  
bread is the vision that makes deserts blossom,  
bread cultivates wastelands into blooming hopes.  
Give them this day their daily bread.

This is the prayer of thanksgiving . . .  
bread is thankfulness for land, seed and harvest,  
bread is appreciation for abundant crops,  
bread is gratitude for the world's farmers,  
bread is enough for all.  
Give us thanksgiving for daily bread.

This day is too late for those who starved yesterday.  
This day is not enough if tomorrow holds no hope.  
This day is for sowing and reaping and preserving.  
This day is for planning and acting and sharing.  
Give us this day bread for each day.

# Prayers from Around the World



Dear Lord, I don't complain that I don't have electricity in my home, but I thank you, my Lord, for the moon and the brilliant stars shining over our village.

I don't complain that I cannot go to the movies, but I thank you, my Lord, for the wonderful song of the birds in our forests.

I am not sorry for missing the city with its huge stone buildings, but I thank you, my Lord, for the beautiful butterflies playing among the forest flowers.

I don't complain that we do not have the running water in the huts, but I thank you, my Lord, for the running springs and the seasonal rain.

I don't complain that I don't live in a bungalow, but I thank you, my Lord, for the bamboo trees which provide my building material for my hut.

I don't complain that I cannot afford a bed, but I thank you, my Lord, for the soft grass and the swinging hammock.

I don't complain for missing a phone, but I thank you, my Lord, for allowing me time to pray for my friends.

I don't complain that there is no hotel in the jungle, but I thank you, my Lord, for the hospitality of the people in the jungle, always welcoming the traveler.

I don't complain that we don't have politicians around here, but I do thank you, my Lord, that we can have faith in you.

I don't complain that there are no big plans to develop our region, but I thank you, my Lord, that we can trust in you.

I don't complain that we do not have doctors and nursing homes, but I thank you, my Lord, for the healthy life we can live in your nature and that our children will take care of us when we are old and unable to work.

I do not complain that we are poor and uneducated, but I thank you, my Lord, that thou has given us the power to love our neighbor as our brothers.

*(Johnson Gnanabaranam, a campesino in Guatemala, reflects the thoughts of campesinos in his own Thanksgiving prayer.)*



Almighty God, Lord of heaven and earth, we humbly pray that your gracious care may give and preserve the seeds which we plant in our farms that they may bring forth fruit in good measure; that we who constantly receive from your goodness may always give thanks to you, the giver of all good things; through Jesus Christ, your Son our Lord. *(Cameroon)*



Heavenly Father, You have created the countryside; its fields and forests, hills and rivers, birds and animals and fresh, healthy air to breathe. We thank you for all this goodness and beauty. Help those for whom rural life is hard and difficult: those who must travel far to collect firewood and bring their water from distant streams: all who live in poor conditions. Bless the efforts being made to improve conditions in rural areas, so that people who work to feed this nation, may themselves enjoy a higher standard of living. *(Kenya)*



Lord, we know that you'll be coming through the line today. So Lord, help us to treat you well, help us to treat you well. *(Prayer of a poor woman before helping on the weekly food line a mile and a half from the White House.)*



God, to those who have hunger, give bread.  
And to those who have bread, give the hunger for justice. *(Latin America)*



I saw a child today, Lord, who will not die tonight, hurried into hunger's grave.  
She was bright and full of life because her parents have a job and feed her,  
but somewhere, everywhere, 10,000 life-lamps will go out, and not be lit again tomorrow.  
Lord, teach us the way. *(Africa)*



Lord, thank you for giddy goats leaping  
from crags, exploring crannies,  
seeking strange mountain flowers and mischief.  
May we be more like them, running  
towards people instead of away,  
bounding with life, hearts high with adventure,  
on top of your world.  
*(Heifer Project International)*



God of all youth, we pray to you:  
We are young people, and we want to celebrate life!  
We cry out against all that kills life;  
hunger, poverty, unemployment, sickness,  
repression, individualism, injustice.  
We want to announce fullness of life;  
work, education, health, housing, bread for all.  
We want communion, a world renewed.  
We hope against hope.  
With the Lord of history we want to make all things new.  
*(A group of Brazilian young people)*

## Prayers of the Children



Dear God: On TV I saw some poor little children who were crying for food. Why do I have so much food and they don't have enough food? I don't understand, but I want to help them. In Jesus' name, Amen.



Thank you for my food. It makes me sad to think about the children who don't have enough food to eat. Help me know how to share what I have with others. In Jesus' name. Amen.



Dear God: Tonight I get to sleep in a warm bed in my own room. Some children don't have rooms to sleep in and are cold at night. Help me know how I can help these children. In Jesus' name. Amen.