

## DAILY MEAL PRAYER RECIPES

**SUNDAY:** (All hold up hands over the food.)

May our Lord Jesus alive in us, bless this food, to nourish us in body, mind, and spirit, to the Glory of the Father. Amen.

**MONDAY:** (All hold hands.)

Thank you Father God, for our food. Bless us who gather around this table, that we may grow in Love for one another. Amen.

**TUESDAY:** (Hand out, palm up)

Come Lord Jesus; be alive in us, and enjoy this meal as You so often did in Galilee. Be alive among and through us as we gather around this table. Amen.

**WEDNESDAY:** (Fold hands)

Shower your blessings, O Lord, on the cook, the grocer and producers, and the farmers, who provide in Your Holy Name. Thank you, Jesus. Amen.

**THURSDAY:** (Pass around a piece of bread or cookie, and each break off a small piece)

May this meal be a thankful reminder of Christ's supper and a communion of us who are Christ alive to each other. Amen. (Eat bread)

**FRIDAY:** (Palms up on table.)

Father God, make effective the vitamins, proteins and good values in this food for the building of our bodies, Your temple. Bind any harmful ingredients and bring Your healing presence to this meal, through the merits of Jesus, our Savior. Amen.

**SATURDAY:** (Raise hands in praise.)

All praise to Abba God, who presides at this table. May this meal be a foretaste of the eternal banquet, and may we who eat here together be joined again one day at the eternal meal where our loving Father reigns forever and ever. Amen.

**CELEBRATIONS:** (Raise glasses in toast.)

May our good appetites be as a sacrament of our hunger for God, and may we be filled and nourished in body, mind, and spirit. Amen.

**AFTER MEALS #1:** (BOW HEADS)

May we leave this table with thankful hearts, praising God for His goodness. Amen.

**AFTER MEALS #2:** (Stand.)

May we leave this table nourished and refreshed in body, mind, and spirit, walking thankfully in the Holy Spirit, with the indwelling Christ, to the glory of the Father. Amen.

**AFTER MEALS #3:** (Eyes closed.)

We thank you, our Lord and provider, for this meal, and for all the love you have for us, Your people Amen.