



Nurturing Seedlings

Community for Young Parents

Family Graces Before Meals

Cut out each prayer and keep in a small basket or container near the kitchen table. These mealtime graces can be rotated throughout the week. As your child grows, you can have them choose the grace they would like to pray each evening.

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



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

Thank you for the food we eat,
Thank you for the friends we meet,
Thank you for the birds that sing,
Thank you, God, for everything.
Amen.



God is Great!
God is Good!
And we thank God for this food;
By God's hand we are fed;
Give us Lord our daily bread.
Amen.

For health and food,
For love and friends,
For everything your goodness sends,
Father in Heaven
We thank you.
Amen.



Lord Jesus Christ,
be our guest
and share this food
which you have
blessed.
Amen.

