

Psalm 145

- L** The eyes of all wait upon you, O LORD,
A and you give them their food in due season.
- L** You open wide your hand
A and satisfy the desire of every living thing.
- L** You are righteous in all your ways
A and loving in all your works.
- L** You are near to all who call upon you,
A to all who call upon you faithfully.
- L** My mouth shall speak the praise of the LORD;
A let all flesh bless God's holy name
forever and ever. Amen.



A

The eyes of all wait upon you, O LORD, and you give them their food in due season. You open wide your hand and satisfy the needs of every living creature. Bless this food to our bodies and our bodies to your service. In Jesus' name. Amen.

B

Come, Lord Jesus, be our guest, and let these gifts to us be blest. Blest be God who is our bread. May all the world be clothed and fed. Amen.

C

Be present at our table Lord. Be here and everywhere adored. These mercies bless and grant that we...
...may feast in paradise with thee.
...may strengthened for thy service be.
Amen.



D

MELODY: OLD HUNDREDTH LM (The Doxology)
Praise God from whom all blessings flow.
Praise God all creatures here below.
Praise God above ye heavenly host.
Praise Father, Son and Holy Ghost. Amen.

E

Our hands we fold.
Our heads we bow.
For food and drink
we thank you now. Amen.



F

Gracious and holy God,
give us wisdom to perceive you, patience to wait for you,
eyes to behold you, a heart to meditate on you,
and a life to proclaim you; through the power of the Spirit
of Jesus Christ, Our Savior. Amen.

G

Lord, we thank you for the food before us, the friends beside us,
the love between us, and your presence among us.
In Jesus' name. Amen.

H

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

I

God is great. God is good. And we thank him for this food.
By his hand we all are fed. Give us Lord our daily bread. Amen.

or

God is great. God is good. And we thank you for this food.
By your hand we all are fed. Thank you for our daily bread. Amen.

J

MELODY: EDELWEISS (from the Tibben family)
Bless our friends, Bless our food, Come, O Lord, and sit with us.
May our words glow with peace. Bring your love to surround us.
Friendship and peace: may they bloom and grow, bloom and grow
forever. Bless our friends, bless our food. Bless our family forever.

K

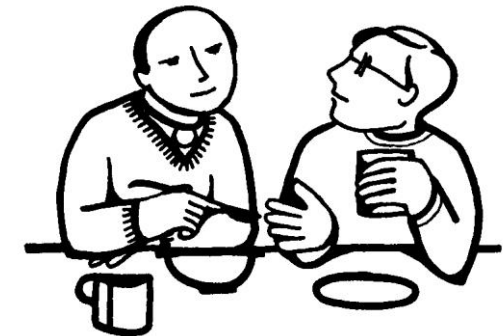
(from the West Schoephoerster family)
O God, we thank you for our food;
For life and health and all things good;
For wind and rain and sun above;
But most of all for those we love. Amen.

L

(Jack's prayer, from the Ardis Jacobson family)
Thank you for the world so sweet.
Thank you for the food we eat.
Thank you for the birds that sing.
Thank you God for everything. Amen!

M

(from the Ardis Jacobson family; by Mary Jane Haugen)
Praise the Lord of loaves and fishes.
Thank the Lord of wine and bread.
Bless the Lord who eats with sinners.
Loaves Fishes Bread Wine
Bless our bodies. Feed our souls.
Meet us at our table, Lord. Amen.



Luther's Small Catechism

(used by the Starr Haug family)

BLESSING AT MEALS

How the head of the house is to teach members of the household to offer blessing and thanksgiving at meals.

The Table Blessing

The children and the members of the household are to come devoutly to the table, fold their hands, and recite:

"The eyes of all wait upon you, O Lord, and you give them their food in due season. You open your hand and satisfy the desire of every living creature."

— Psalm 145:15-16

Then they are to recite the Lord's Prayer and the following prayer:

"Lord God, heavenly Father, bless us and these your gifts, which we receive from your bountiful goodness, through Jesus Christ our Lord. Amen."

Thanksgiving

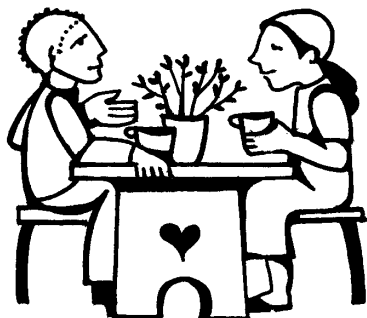
Similarly, after eating they should in the same manner fold their hands and recite devoutly:

"Give thanks to the Lord, for the Lord is good, for God's mercy endures forever. God provides food for the cattle and for the young ravens when they cry. God is not impressed by the might of a horse, and has no pleasure in the speed of a runner, but finds pleasure in those who fear the Lord, in those who await God's steadfast love."

— Psalm 106:1; 136:1,26; 147:9-11

Then recite the Lord's Prayer and the following prayer:

"We give thanks to you, Lord God our Father, through Jesus Christ our Lord for all your benefits, you who live and reign forever. Amen."



N

Thank you for the food we eat
Our home and families and those we meet.
And thank you for each good new day
And for thy kind and loving way.
Grace S. Arnold

@

Lord, behold our family here assembled.
We thank you for this place in which we dwell;
for the peace accorded us this day;
for the hope with which we expect tomorrow;
for the heath, the work, the food
and the bright skies that make our lives delightful;
for our friends in all parts of the earth;
and our friendly helpers...
Let peace abound in our small company.
Attributed to Robert Louis Stevenson

P

Dear Lord,
Bless this food to the nourishment of our bodies
and us to thy service. In Christ's name we pray. Amen.
The Book of Common Worship

Q

We give thanks,
For each new morning with its light,
For rest and shelter of the night,
For health and food, For love and fiends,
For everything thy goodness sends.
Ralph Waldo Emerson

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333 South 12th St, Minneapolis, MN 55404
612 870 4416 | centralmpls.org

Exploring the promise of God through

Praying at the table

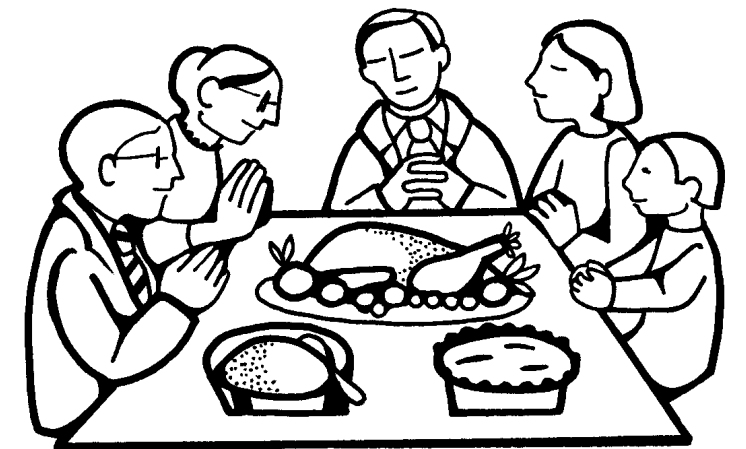


Table graces
to share in the home



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