



A Blessing for Meals

*O God, You are my God!
My soul thirsts for You
In a dry and thirsty land.*

*Because Your lovingkindness
Is better than life,
My lips shall praise You.*

*Thus I will bless You while I live;
I will lift up my hands
In Your name.*

*My soul shall be satisfied
as with marrow and abundance,
And my mouth shall praise You
with joyful lips. Amen.*

(See Psalm 63:1-5)