

Religion in Daily Life: Blessings Before Meals

Say a blessing to thank the Lord for His gifts as you sit down to eat a meal, saying or singing a blessing from the Word.

- Oh, give thanks unto the Lord, for He is good! For His mercy is forever (Psalm 106:1-3).
- Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits (Psalm 103:1-2).
- The Lord is good to all, and His tender mercies are over all His works (Psalm 145:9).
- This is the day which the Lord has made; we will rejoice and be glad in it. Amen (Psalm 118:24).
- Where two or three are gathered together in My name, I am there in the midst of them (Matthew 18:20).

Other Ideas

Invite your child to choose a blessing to say at meal time.

Make a habit of having spontaneous prayers around the dinner table.