

Prayer before Meals

The eyes of all look to You, O Lord, to give them their meat in due season. You open Your hands and fill all living things with Your goodness.

Christ our true God, bless the food and drink of Your servants, for You are holy always, now and ever and unto ages of ages. Amen.

Prayer after Meals

We give thanks to You, O Christ our God, that You have satisfied us with Your earthly blessings; deprive us not of Your heavenly kingdom, but as You came in the midst of Your disciples, O Saviour, and gave them peace, so come to us and save us.