

GUIDED PRAYER

PRAYER BEFORE MEALS GRATEFUL FOR THIS PROVISION

Father, thank You for this food and the hands that prepared it. Bless it to nourish my body, and remind me of those who are in need today.

May this meal be shared with gratitude and joy.

Amen.



GOD, I THANK YOU FOR...

List specific things you're grateful for in this moment:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BLESS THIS FOOD AND...

Invite God to use this meal for nourishment and connection:

[illegible]

WHILE I EAT, HELP ME REMEMBER...

A truth about God's provision, generosity, or kindness:

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I PRAY FOR THOSE WHO ARE HUNGRY TODAY...

Lift up people in need:

[illegible]

CLOSING PRAYER

Lord, thank You for meeting my needs. May this meal nourish my body and remind me of Your goodness. Help me never take it for granted.

Amen.