

Grace at Table

How the head of the family shall teach the household
to offer blessing and thanksgiving at table

Blessing before Eating

When children and the whole household gather at the table, they should reverently fold their hands and say:

"The eyes of all look to You, O Lord, and You give them their food in due season. You open Your hand and satisfy all desires of every living thing. Amen."

(It is to be observed that "satisfying the desire of every living thing" means that all creatures receive enough to eat to make them joyful and of good cheer. Greed and anxiety about food prevent such satisfaction.)

Then the Lord's Prayer should be said, and afterwards this prayer:

"Lord God, heavenly Father, bless us, and these Your gifts which you have given us out of your bountiful goodness, through Jesus Christ our Lord. Amen."

Thanksgiving after Eating

After eating, likewise, they should fold their hands reverently and say:

"O give thanks to the Lord, for he is good; for his steadfast love endures forever. He gives to the beasts their food, and to the young ravens which cry. His delight is not in the strength of the horse, nor his pleasure in the legs of a man; but the Lord takes pleasure in those who fear him, in those who hope in his steadfast love."

Then the Lord's Prayer should be said, and afterwards this prayer:

"We give You thanks, Lord God, our Father, for all your benefits, through Jesus Christ our Lord, who lives and reigns forever. Amen."

Taken from *Luther's Small Catechism*, which was written to help families learn and live the faith in daily life.