



Meal Time Blessings And Table Graces



First Lutheran Church
Children Ministries
Stoughton, WI

Table of Contents

Spoken Graces

Come Lord Jesus 5

Bless us & Bless, O Lord

Norwegian Table Grace

Thank You & May We

'Neath These Tall Green Trees 6

May God Bless our Meal

Thank Heaven

Give Us

Lord Bless our Ears

Thank You God For Everything

Rub-A-Dub Grace 7

God Is Great

Thank You God

A Blessing

Mariners Grace

At Home, At Work, Happiness Lives

Macaroni and Cheese 8

A little prayer of Thank You God

Pacman Prayer

Picnic Blessings

Thank You for the Special Things..... 9

God's Cool

Let's Eat!

Graces to Sing

The Lord Bless Us

For Health and Strength

For My Dinner..... 10

We Are Thankful

Johnny Appleseed

Thanks Be To God

Be Present at our Table Lord

Yankee Doodle Grace 11

Addams Family Grace

Super Hero Graces

Superman Grace

Batman Grace

Amen Grace 12

Jaws Prayer

God Is Great

Flintstones - God Is Great

Coca-Cola Grace 13

Jesus Is A Cool Dude

SpongeBob Grace

Latin Grace 14

Now

Favors

For Each New Morning

Prayers for Special Occasions

Friday Prayer

Saturday Prayer 15

Vacation Prayer

Sunday Prayer

Prayer for When Friends Visit 16

Back to School Prayer

Add your Own Blessing

Add Your Family's Grace 17

Add Your Favorite Blessing

'Who's picking Grace' Rotation Schedule ... 18

Greetings!

We bring to you First Lutheran Church's first edition of blessings and table graces!

We hope this will add variety to your dinner table routine and encourage everyone in your family to participate in saying grace together before meals.

These blessings are not just for special occasions, but for every time we sit down at the table.

The moments of stillness with our families are a perfect chance to stop and give thanks.

Some families like to let each member choose their favorite blessing certain days of the week and take turns together.

Some of these have come from camp settings, some are sung to favorite tunes, and some simply could not be left out!

We hope you will keep this handy at your dining room table using it often to bring peace and stability to you and your family.



Spoken Graces

Come Lord Jesus

Come Lord Jesus, Be our guest
Let these gifts, to us be blest. Amen.

Bless us

O Lord, and these thy gifts
which we are about to receive
from thy bounty.
In Christ's name we pray.

Amen



Bless, O Lord,

this food to our use
and us to thy service,
and keep us ever mindful
of the needs of others.
In Jesus' Name.

Amen

Norwegian Table Grace

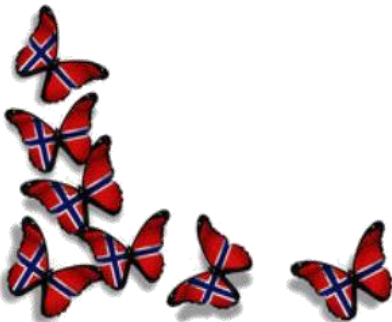
I Jesu navn går vi til bords
Og spiser, drikker på ditt ord
Deg, Gud, til ære, oss til gagn
Så får vi mat i Jesu navn.
Amen.



Words to Norwegian Grace in English

You may see a few different English translations for the Norwegian table prayer. Translators vary between being strictly literal or trying to put their own poetic spin on the phrasing. They all mean the same thing.

**In Jesus' name to the table we go
To eat and drink according to his word.
To God the honor, us the gain,
So we have food in Jesus' name.
Amen.**



Thank You for our food, we pray.

May we in turn do good today. Amen.



May we receive Your blessing today
And appreciate What comes our way,
through Jesus Christ our Lord. Amen.

'Neath These Tall Green Trees

Neath these tall green trees we stand Asking blessings from thy hand

Thanks we give to thee above

For our health and strength and love.



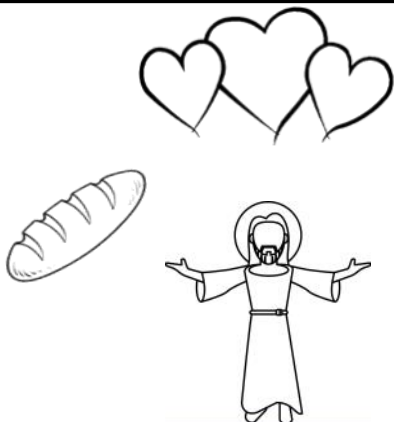
May God Bless our Meal

and grant us a compassionate
and understanding heart
toward one another.
In Jesus' Name, we pray. Amen.



Created at:
Mt. St. Mary's Abbey,
Wrentham, Massachusetts

Thank Heaven for this food
and for this company.
May it be good for us.
In Jesus' Name, we pray.
Amen.



Give us this day
our daily bread,
O Father in heaven,
and grant that we who
gather here in fellowship
of faith and love
may take our food
with gladness
and simplicity of heart;
through Jesus Christ
our Lord. Amen.



Created at: Abbey of New Clairvaux,
Vina, California

Lord

bless our ears with Your word.
Bless our bodies with Your bounties.
Bless our lives with Your love.
In Jesus' Name we pray. Amen.



Created at:
Mt. St. Mary's Abbey,
Wrentham, Massachusetts

Thank you for the food we eat,
Thank you for the world so sweet,
Thank you for the birds that sing,
Thank you God for everything!



RUB-A-DUB GRACE

Rub-a-dub-dub
Thanks for the grub
Yea, God!



God is great! God is good!
Let us thank him for our food.
By his hands we all are fed.
Give us, Lord, our daily bread.
Amen!

THANK YOU GOD



Thank you, thank you God
For all the food we eat
For fruits and vegetables and meat
And everything that's sweet
Amen



A BLESSING

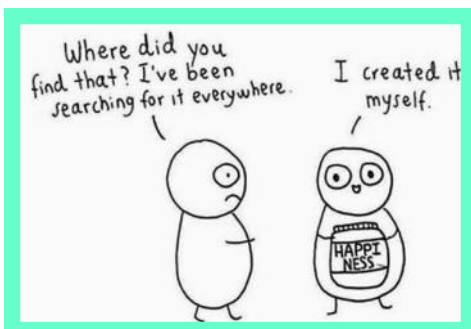
Deep peace
of the shining star to you,
Deep peace of the running wave to you,
Deep peace of the quiet earth to you,
Deep joy of the leaping fire to you,
Deep peace of the Son of Peace to you.



Celtic Prayer Created by: Sister Susan,
at Nada Hermitage,
Crestone, Colorado

MARINERS GRACE

FOR ALL THE BLUE OF SKY AND SEA
FOR FLASH OF SEAGULLS' WING
FOR STARS THAT WOULD OUR GUIDE E'ER BE
FOR WIND AND WAVE AND SPRAY FLUNG FREE
OUR PRAISE TO THEE WE SING.



At home, at work, or at play,
I thank you, Lord, for this day.
And, dear Lord, help me remember,
That happiness lives inside me forever
Amen!

Macaroni and Cheese

Boil the water, add the noodles,
Mac and cheese, we love you oodles.
In gratefulness for this creation,
We bow and eat with such elation.



A little prayer of "Thank you, God,"
Sets our thoughts aright.
Keeps us feeling all day long,
More positive and bright!



And when our thoughts are true and bright,
We shine forth our inner light.
Our inner light of God's own love,
Starts shining out on those we love.
And so, let's thank God every day,
With all our energy and might,
For blessing us so warmly, closely,
With a shining, loving light!



Pacman Prayer:

Bless the bunch
that munch **this** lunch



Picnic Blessings

Sometimes we're inside, sometimes we're out,
Sometimes we're even "out and about."
Like you, dear Jesus, we're on the go,
Enjoying creation - we love it so!
Bugs and water, sunset and flower,
We give you thanks for this fine hour.





Thank You for the Special Things



Dear God,
We thank you for our food,
For life and joy and play,
We thank you for the special things
You give to us this day.



God's Cool

(Said snapping or clapping)

God's Cool

God Gives us the food that we eat every day.

God's Cool



Let's Eat!

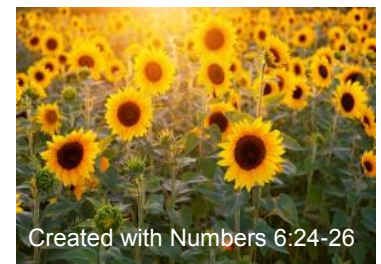
Good Food. Good Meat. Good Lord, Let's Eat. Amen



Graces to Sing

The Lord

Bless us and keep us:
 The Lord make His face to shine upon us,
 and be gracious unto us:
 The Lord lift up His countenance upon us,
 and give us peace.



Created with Numbers 6:24-26



FOR HEALTH AND STRENGTH

(Sung in a round)

For health and strength
 and daily bread
 We praise thy name,
 O Lord.

(Tune: Are You Sleeping)

For my dinner, for my dinner
And the blue skies, and the blue skies,
Oh Lord, Oh Lord,
We thank you, we thank you.



WE ARE

Thankful

(Tune: Frere Jacques/Are You Sleeping)

We are thankful (2x)
For our food (2x)
And our many blessings (2x)
Thank you Lord (2x)

JOHNNY APPLESEED

Oooooooooohhhhhhhh,

The Lord is good to me,

And so I thank the Lord

For giving me the things I need,

The sun and the rain and the apple seed,

The Lord is good to me!

Amen, Amen, Amen, Amen, Amen,

Ah-men!



THANKS BE TO GOD (Tune: Windy)

Thanks be to God the Father almighty

Thanks be to God who gives us this bread Thanks be to God the Spirit eternal

Thanks be to God forever.

Be Present at our Table Lord

Be Present at our Table Lord,

Be Here and everywhere adored,

These mercies bless and grant that we,

May strengthen for thy service be. Amen.

(Optional, last line alternative: Rest in paradise with thee)







Yankee Doodle Grace

(Tune: Yankee Doodle)


We thank you Lord for daily bread
 For rain and sunny weather
 We thank you Lord for this our food
 And that we are together
 Thank you, thank you, thank you Lord
 Thank you, thank you, thank you Father
 Thank you Lord for this our food
 And that we are together.



Addams Family GRACE

(Tune: The Addams Family, Hum intro and snap when appropriate)
 (Hum ending and snap when appropriate)



We thank you Lord for giving
 This food we need for living
 So join us while we eat it
 Because we really need it

Alternative:

We thank you for this food,
 Lord For Mom and Dad and You,
 Lord We thank you for this food,
 Lord That gets us through the day.

Super Hero Graces



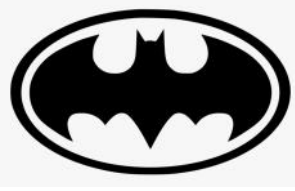
UPERMAN GRACE

(Tune: Superman theme)

Thank you Lord for giving us food!
 Thank you Lord for giving us food!
 For our daily bread, 'cause we need to be fed
 Thank you Lord for giving us food!

Batman Grace: (Tune: Batman theme song)

na na na na na na na Thank You, < Jesus >
 na na na na na na na For the food, < Jesus >
 Amen, < Jesus >





Grace: A-a-men A-a-men A-a-men, a-men,
a-men A-a-men A-a-men A-a-men, a-men,
a-men.

Jaws Prayer: (Tune: Jaws)(Put your hands on top of your head like a shark fin.)

God is Great and God is Good and (Speed up Now)

So we Thank Him For Our Food and AMEN!

(When saying AMEN make your hands and arms close like a shark mouth.)



GOD IS GREAT

(Tune: Rock around the Clock)

God is great, God is good

Let us thank him for our food

We're gonna thank him

mornin', noon, and night

'Cause God God God

is out of sight

Amen ch-ch-ch-ch-ch-ch-ch-ch

Amen ch-ch-ch-ch-ch-ch-ch-ch

Amen



God is Great

(Tune: The Flintstones)

God is Great and God is Good,

And we thank Him for our Food,

God is Great and God is Good,

And we thank Him for our Food.

Amen. Ah Ah Ahmen, Amen, Ah-ahmen

God is Great and God is Good,

And we thank Him for our

We thank him for our



Coca-Cola Grace

(Tune: Coca Cola commercial)

The sun will always shine, The birds will always sing
As long as there is God, There's always the real thing
Doo-doo-doo doo-doo doo-doo doo, Amen
Doo-doo-doo doo-doo doo, God is the real thing



Jesus is a Cool Dude!

(Tune: "We Will Rock You")

Jesus is a cool dude,
40 days without food,\
Then he wrote the golden rule
and that's O.K.
He's got love on his face,
Full of grace!
Spreadin' his love all over the place!
Singin', We will, we will Praise him
yeah, praise him WOO (2x)



SpongeBob Grace

(Tune: SpongeBob Theme Song)



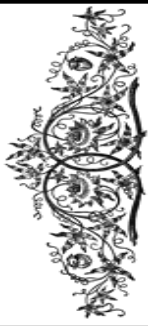
Who— gives us food that we need everyday
THANK YOU JESUS!
Who gives us the truth and the light and the way
THANK YOU JESUS!
THANK YOU JESUS!
THANK YOU JESUS!
THANK YOU JESUS!
THANK YOU JESUS!
Thank you Amen!

(SpongeBob's nose whistle sound for fun)

Do-do-do-do-, Do-do, do-do.

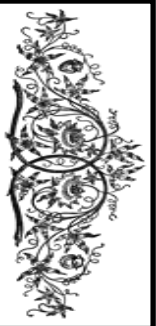
THANK YOU
JESUS!



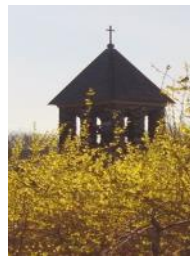


Latin Grace

Benedictus, Benedicat.
(May the Blessed One, Bless)
Amen



Now I fold my hands and say:
Thank you God for my supper today.

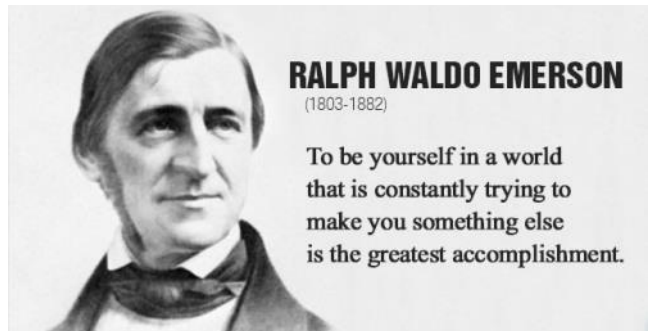


Created at: Mt. St. Mary's Abbey, Wrentham Massachusetts

Eat your bread with joy and drink
with a merry heart,
because it is now God
that favors your works.

For each new morning
with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

Created by:



Prayers for Special Occasions

Friday Prayer

God of our days, God of our nights,
we have come to the end of another week
of work and school.
Thank you for guiding our steps.
Bless this food, and guide
both our hands to serve you
and our mouths
to tell of
your love for all people.
Amen.



Prayers for Special Occasions

Saturday Prayer

Thank you, gracious God,
for this day of play and chores,
for all we have done and for all we have yet to do.
Keep us close to you and to one another.
Bless this food, the hands that have prepared it,
and all who will clean up after it!

Amen

Vacation Prayer



We remember, dear God,
that on the last day of creation, you rested,
and told us to do the same.
Give us rest from our routine
during this vacation.

Fill us with joy and good things to eat.

Keep us safe and be with us
as we play together
and enjoy quiet time alone.

We thank you, holy One,
for days of work and learning,
and days of play and rest.

We thank you also for this meal.

In Jesus' Name, we pray.

Amen.



Sunday Prayer

Creator

and creating God,
we thank you for
our Church, our family,
and for this meal.
On this day of the Lord,
we rest our bodies
and we rest in your promises.
In the name of Jesus,

Amen.



Prayers for Special Occasions

Prayer for When Friends Visit



Gracious God,

friendship is one of the
greatest gifts of life.

We thank you for this food
and these friends.

May the meal nourish our bodies,
and our relationships
with one another.

Thank you, God,
for food and friends!

In Christ's Name, we pray.

Amen



Back to School Prayer

God of our work and our play,
we thank you for time off from school
and for more time with our family and friends.
We're grateful for all the fun we've had,
and all the fun we'll continue to have as we see old friends,
make new ones, and learn new things.
Bless us as we return to work and school,
and thank you for keeping us safe.
May this food and the coming year nourish us;
through Jesus Christ our Lord. Amen.



Time to add your own Blessing!

Write your Family's Grace here!

**A place to add your
Favorite Blessings!**

A place to organize your families Grace rotations!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Picking a family friendly Grace
can be one of the best times of the day!**

Make it Family Fun!

- Set an easy to follow schedule**
- Try to guess which Grace will be picked**
- Welcome newly created Graces**

**This encourages everyone to eat and
speak freely together!**



Thank you
for reading:



**Meal Time
Blessings
And
Table Graces**

Created By: First Lutheran Church
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