

Prayer Cube

We can pray to God any time we want: when we are worried, when we are sad, when we are happy, when we are thankful, or just when we feel like saying "Hi!" to God! But we make a habit of praying at dinner so that we can thank God for the food we eat and the energy it gives our bodies to play and work and live. We also say thank you to God for food to remember that having yummy food for dinner is a blessing!

Here are 7 prayers that are commonly said at dinner tables. Pick some that your family likes, or add your own, and put them on the prayer cube. When you sit down for dinner, roll the prayer cube to see which prayer your family will sing or say that evening.



Meal Time Prayers

Come Lord Jesus

Come, Lord Jesus,
be our guest,
let these gifts
to us be blessed.
Let there be enough to share
on every table everywhere.
Amen.

Johnny AppleSeed Prayer (sung)

Ohhh, 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.
Aaaaamen.

Be Present at Our Table (sung)

Be present at our table, Lord.
Be here and everywhere adored.
These mercies bless and grant that we
may be strengthened for thy service be.
Amen.

Doxology (sung)

Praise God, from whom all blessings flow;
Praise God, all creatures here below;
Praise God above, ye heavenly host;
Praise Father, Son, and Holy Ghost!
Amen.

God is Great (sung to the tune of "This Old Man")

God is great. God is good.
So we thank God for our food.
With a glad heart praise the Lord,
Alleluia sing!
Thanks to you, O Lord, we bring!
Amen.

Superman Prayer (to the Superman Theme Song)

We thank you, Lord, for giving us food!
We thank you, Lord, for giving us food!
For the food that we eat,
for the friends that we meet,
We thank you, Lord, for giving us food.

Meal Time Prayers

Humble Hearts

In a world where so many are hungry,
May we eat this food with humble hearts;
In a world where so many are lonely,
May we share this friendship with joyful
hearts.
Amen.

