

Mealttime Prayer

The word Eucharist means thanksgiving. As your child prepares for first communion, here is a prayer of thanksgiving you can share with the entire family.

Blessed are you, O generous God.

As we come to this meal,
we remember to thank you for all that you give us.

We thank you for our home,
and we ask your care for those who are without shelter or food.

We thank you for all who work to bring this food to us,
and those who have worked to prepare it.

We thank you for this meal,
and for all who are gathered at our table.

We thank you for bread that feeds us,
and the love that gives us life.

Blessed are you, O generous God.