

FAITH & FOOD

Prayer



Blessed are you, O God of the universe.

Thank you for the gift of food, fruit of the earth and work of human hands.

Thank you for the gift of the Holy Eucharist by which you feed our souls
through the grace of your Son.

Give us this day our daily bread. Provide for all in need.

Help us to eat for your glory, to take good care of the temples of our bodies,
and to serve others best.

Give us the strength and discipline to fast, to choose conscience over convenience,
and true satisfaction over fleeting pleasure.

Make us mindful of the consequences of our decisions, and aid us in choosing what is best:
for our families, for society, for laborers, and for the poor;
for future generations, for the environment, and for animals.

Be present in our meals,
and ever engender humility, gratitude, charity, and hospitality among us.

Fortify us to be holy and virtuous through what we eat every day,
and lead us to the eternal wedding banquet of Heaven.

Through Christ our Lord. Amen.

Our Lady, Model of Holiness, pray for us.

St. Joseph, pray for us.

St. Francis, pray for us.

St. Martin de Porres, pray for us.

St. Teresa of Kolkata, pray for us.