

# BLESS US, O LORD

## Meal prayers for the seasons

We are familiar with the traditional meal prayer: "Bless us o Lord..." to emphasize the change in liturgical seasons throughout the year, replace the traditional prayer with one of the prayers listed below:

### Lent

Merciful God,  
Your children have sinned  
against you.  
Break the hold of sin in our lives,  
And bless the food before us.  
We ask this in Jesus' name.  
Amen.



### Advent

God of Peace,  
We ask you to look kindly upon us,  
To bless our food and unite our hearts  
As we await the coming of your Son.  
We ask this through Christ our Lord.  
Amen.



### Easter

This is the day the Lord has made!  
We rejoice and praise God  
Who raised Jesus from the dead!  
Let your blessing rest upon us and  
this table.  
We ask this through Christ, our risen Lord.  
Amen



### Christmas

Mighty God, Eternal Father,  
Unto us your Son has been given.  
Bless this food, and help us, your  
adopted children to live as the light of  
Christ in this world.  
We ask this through Jesus, your Son.  
Amen.



### Summer Ordinary Time

God of all Creation,  
You have clothed the land with your bounty  
And filled the earth with your goodness.  
Bless the food at this table  
And those who will partake of it.  
We ask this in Jesus' name.  
Amen



### Winter Ordinary Time

Everlasting God,  
In your kindness we ask you to bless  
this food.  
Give us strength for our journey  
And courage to live out your love in the world  
We ask this through Christ our Lord.  
Amen.



### Fall Ordinary Time

Loving God,  
You are the source and summit  
of all that is.  
Bless this food and strengthen us  
That we may be good stewards of your creation.  
We ask this through Jesus Christ our Lord.  
Amen.



### Traditional Grace

Bless us O Lord,  
And these our gifts  
Which we are about to receive,  
From Thy Bounty,  
Through Christ our Lord.  
Amen.

