

Sung graces

1. Thank you, God, for giving us food (x3)
Right where we are, Amen.
2. God is great, God is good!
We're gonna thank him for our food,
we're gonna thank him morning noon and night,
we're gonna thank him cause he's out of sight!
Amen, amen, amen!
3. Thank you for the world so sweet
Thank you for the food we eat (yum, yum!)
Thank you for the birds that sing-a-ling-a-ling,
Thank you God for everything.
4. For life and health and daily food
we give you thanks O God.
For fellowship and all things good,
we praise your name O Lord.
Amen
5. (*The Superman grace*)
Thank you Lord for giving us food! (x2)
For our daily bread, when we need to be fed,
Thank you Lord for giving us food!

Saying Grace together at meals

Did you know that eating a meal together as a family, all sitting and talking together, is one of the best things you can do to promote your children's learning and social skills?! Saying a prayer at the start of the meal also grows thankfulness and peace in your home.
Try some of these ...

Said Graces

1. God of mercy, God of grace,
Be pleased to bless this dwelling place.
May peace and kindly deeds be found,
may gratitude and love abound.
2. We close our eyes, we bow our heads
and offer thanks for daily bread.
For friends and family near and far,
for forests, rivers, sun and star.
For oceans, mountains, fern and stone
for all we feel, for love and home.
3. In the name of the Father, whose love sustains us,
And of the Son whose life regains us,
And of the Holy Spirit, whose guidance maintains us,
We ask a blessing on this meal.

4. God is great, God is good,
And we thank God for our food.
By his hand we all are fed,
Thank you, Lord, for our daily bread.

5. Great Spirit of life, thanks.
Brother Jesus our friend, thanks.
Mother earth our home, thanks.

6. We thank you, God, for happy hearts,
for rain and sunny weather.
We thank you, God, for this our food,
and that we are together.

7. Bless our hearts
to hear in the breaking of bread
the song of the universe.

8. God help us to live slowly,
to move simply,
to look softly,
to allow emptiness,
to let the heart create for us.
Amen.

9. Whakapaingia ēnei kai
(Bless this food)
Hei oranga mo ō mātou tinana
(to give life to our bodies)
Ko Ihu Karaiti tō mātou kaiwhakaora
(through Jesus our saviour)
Āmene

10. *(a really old one, from Thomas Aquinas in the 13th century)*

Give us, O Lord, thankful hearts
which never forget your goodness to us.
Give us, O Lord, grateful hearts,
which do not waste time complaining.

11. *(the shortest grace of all ...)*
Heavenly Pa, Ta.

Write in your own favourite grace here: