

## **Table Blessings**

(Especially for those who eat alone)

*You have been gracious to your land, O LORD. (Psalm 85:1)*

Gracious God, you are the source of all goodness. For this food before me, thank you. For the hands that prepared it, thank you. For the lands and water that provide nourishment, thank you. Extend my offering of thanks through works of justice, peace, and love for the earth and all its creatures. In the name of Jesus. Amen.



(Especially for group gatherings)

*The earth is the LORD's and all that is in it (Psalm 24:1)*

Lord God: All here gathered,  
food from the land,  
all is gift from your gracious hand.  
Feed us today;  
feed those who hunger,  
teach us to feed one another.

We ask this in the name of the one who is our bread, Jesus Christ our Lord. Amen.

*Rejoice in the LORD always. (Phil. 4:4)*

For our food, we rejoice. For every good gift, we rejoice. Be present with us as we are fed in body and spirit, that our sharing this meal is a sign of your life broken and shared for the world. In Jesus' name we pray. Amen.

*Join us for worship! Sunday at 10:30 AM  
and Wednesday at 6:15 PM*

**Morning Prayer:** *Your mercies are new every morning" (Lamentations 3:23)*

*Begin by making the sign of the cross and saying: I am a beloved child of God, marked with the cross of Christ forever.*

Thank you, gracious God, for the gift of this new day. Awaken me to your abiding presence; open my eyes to your creation; open my ears to your promises; open my heart to the needs of others. Fill me with your Spirit and guide me this day in works of kindness, justice, and mercy. I ask this in the name of Jesus, the light and life of the world. Amen.



**Evening Blessing:** *"Come to me, all you that are weary...and I will give you rest" (Matt 11:28)*

*Begin by making the sign of the cross and saying: I am a beloved child of God, marked with the cross of Christ forever.*

Thank you, gracious God, for the gift of this coming night. Restore me with your right spirit. Calm my mind. Quiet my heart. Enfold me with your bountiful mercy.

Protect me from all harm, that I sleep assured of the peace found in you alone. I ask this in the name of Jesus, who gives rest. Amen.

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## **Zion's Lutheran Church Prays Together**

*500 Years of  
Reformation...It's still all about  
Christ!*

**Prayer for our nation:** *The LORD is near to all who call on him, to all who call on him in truth. (Psalm 145:18)*

Eternal God, amid all the turmoil and change of the world, your love is steadfast and your strength never fails. Grant us courage and wisdom to pray, to remember your promises, to trust in your goodness, and to never lose heart. Guide the leaders of our nation with your wisdom, comfort those in distress, and grant us courage and hope to face the future; through Jesus Christ, our Savior and Lord. Amen.

**Prayer for living with love:** *"Beloved, let us love one another, because love is from God" (1 John 4:7)*

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.