

RUSSELL SANDERS  
5-28-2021  
BLESSING OUR MEALS

It is a custom among us to ask in prayer a “blessing” over the food at mealtime. How did that custom come about? Do we do it simply out of habit? I am sure it is but a social habit from our custom, especially for non-religious households.

I also have seen that many people no longer pray the blessing over their food. I rarely see anyone do it in public at a restaurant. I have also as a guest seen many who no longer do it at their own table at home, especially with younger adults.

We should be thankful for everything we have because God owns everything. It originates with Him and He blesses us with all that we have. It is for this reason that we say a “blessing” over the food for its nourishment to our bodies.

Is it scriptural to do so? Yes!! God, Himself specifically commanded it in Deuteronomy 8:10 through the great prophet Moses. He said, ***“When thou hast eaten and art full, then thou shalt bless the LORD thy God (Yahweh Elohyim) for the good land which He hath given thee (that produced the food).”***

Notice that it does not say to “bless the food,” although we may bless it to the nourishment to our bodies. What the scripture actually says, is that we must “bless the LORD” and give praise to Him for the food produced from the land. We are to thank Him for it. He has provided it for our health and well-being.

There is nothing that is any more scriptural than saying a blessing at every meal even blessing it as Jesus did at the Passover and when he blessed the loaves and fishes. Just remember it is Who you are blessing for what you are receiving more so than What you are blessing.

It matters not whether you do it before eating or after eating (as spoken in that verse); the key is that you do it to bless and honor God who is our all-sufficient provider (El Shaddai).