

**Create a routine of saying Grace before you eat a meal.** As we see lines at the grocery stores, and some families worry about their next meal or next paycheck, we can thank God for THIS food at THIS moment. Here are some sample prayers:

“God is great, God is good,  
Let us thank him for our food.  
By his hand we all are fed.  
Give us Lord our daily bread. Amen.”

“Bless us, O Lord, for these thy gifts, which we are about to receive from thy bounty. Through Christ our Lord. Amen”

“Thank you for the world so sweet,  
Thank you for the food we eat.  
Thank you for the birds that sing,  
Thank you, God, for everything. Amen.”

“Come, Lord Jesus, be our guest. May this food by you be blessed. Amen.”

“Bless the food before us; The family beside us; And the love between us. Amen.”