

God, we thank you for this food,  
For rest and home and all things good,  
For wind and rain and sun above,  
but most of all for those we love.  
Amen.

—MARYLEONA FROST

For food that stays our hunger,  
for rest that brings us ease,  
for homes where memories linger,  
we give our thanks for these.  
Amen.

Our Father,  
Who art in heaven,  
Hallowed be your name.  
Your kingdom come,  
Your will be done on earth  
As it is in heaven.  
Give us this day our daily bread  
And forgive us our debts  
as we forgive our debtors.  
And lead us not into temptation,  
But deliver us from evil.  
For Yours is the kingdom and the power  
and the glory forever and ever.  
Amen.

For flowers that bloom about our feet,  
For tender grass so fresh and sweet,  
For the song of bird and hum of bee,  
For all things fair we hear or see,  
For blue of stream and blue of sky,  
For pleasant shade of branches high,  
For fragrant air and cooling breeze,  
For beauty of the blooming trees,  
For this new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends,  
Father in heaven, we thank Thee.  
Amen.

—RALPH WALDO EMERSON

Day by day, dear Lord,  
these three things I pray:  
to see you more clearly,  
love you more dearly,  
follow you more nearly,  
day by day.

—ST. RICHARD OF CHICHESTER

God is great.  
God is good.  
Let us thank Him for our food.  
By His hands we all are fed,  
Thank you for our daily bread.  
Amen.

And now another day is gone,  
I'll sing my Maker's praise;  
My comforts every hour make known  
His Providence and Grace.

But how my childhood runs to waste!  
My sins how great their sum!  
Lord, give me pardon for the past;  
And strength for days to come.

I lay my body down to sleep;  
Let angels guard my head,  
And through the hours of darkness  
Keep their watch around my bed.

—ISAAC WATTS

If you can use anything, Lord  
you can use me.  
So take my hands, Lord,  
and my feet.  
Touch my heart  
and speak through me.  
If you can use anything,  
you can use me.  
Amen.

—RON KENOLY