

30 Days of Prayers Before Meals

A Redemptorist Pastoral Publication

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Introduction

A meal was a privileged moment in the mission of Jesus the Redeemer. Around the table he forgave sins, met with friends, instituted the Eucharist, and manifested his glory. The prayers offered in this pamphlet are drawn and adapted from the Constitutions and General Statutes of the Redemptorist Congregation and from Scripture. You'll find a prayer to offer before your family meals for every day of the month. Integrate these prayers into your own family customs by combining them with the Our Father, reading a Scripture passage, or praying for your family's special intentions. Feel free to use them in the order they appear or flip through and find a prayer that speaks to you in the moment.

Day 1

Before Meal

Preserve your people, O Lord, and bless your inheritance. You sustain us once again with the good that you place on our table today. Feed our spirit also with your gospel so that—moved by a radiant hope—we may base our lives in that charity that does not deceive. We ask this blessing in the name of Jesus Christ, our Redeemer, forever and ever.

Sources: Psalm 27:9, Romans 5:5, Constitution 81

After Meal

Lord Jesus, you have taught us that life has greater worth than food: May our whole life be nourished by the wisdom of your gospel so that we may know how to witness and proclaim it faithfully to men and women today. Through Christ, our Lord.

Sources: Matthew 6:25, Constitution 83

Day 2

Before Meal

Blessed be your name forever, O Lord. May we be blessed through this food that you grant us this day. May it make us humble and courageous servants of the gospel of Christ, the Redeemer and Lord, the head and model of a renewed humanity. We ask this blessing in the name of Jesus Christ, our Redeemer, forever and ever.

Source: Constitution 6

After Meal

For us, O Lord, as for your prophets, may this food nourish us for renewed service to your kingdom. Grant that we may seek your presence in daily life and in the principal signs of salvation so that we might always accomplish your will. Through Christ, our Lord.

Sources: 1 Kings 19:8, Constitution 27

Day 3

Before Meal

Lord, bless the work of our hands and accompany our journey through the desert of the world. Grant us strength in faith, hope, and charity, and bless this food so we may follow Christ the Redeemer with hearts full of joy and proclaim his mystery with simplicity. This we ask through you who lives and reigns with the Father and the Spirit, one God, forever and ever.

Sources: Deuteronomy 2:7, Constitution 20

After Meal

Thank you, Father, for the food we have shared. Grant us the gift of that interior freedom that brings unity and harmony to our whole life. May we experience conversion of heart and continual renewal of mind in our commitment to make your kingdom known. Through Christ, our Lord.

Sources: 2 Corinthians 4:10, Constitutions 41, 1