

Prayers Before Meals for Feast Days

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. These prayers are to be prayed before meals on special feast days or in liturgical seasons. Families can integrate these texts into their own prayer customs by combining them with an Our Father, a reading from Scripture, or after praying for family intentions.

Prayers Before Meals During the Advent Season

Father, together with the food we bless in your name, let us live with sobriety, justice, and holiness so we may be constantly renewed, awaiting in joyful hope for the coming of your Son, Jesus Christ. This we ask through you who lives and reigns with the Father and the Spirit, one God, forever and ever.

Sources: Titus 2:12–13, Constitution 40

Lord, bless this food. May your grace help us prepare for the coming of your Son with a spirit of poverty, a life of work, and detachment from earthly riches. Above all else, may we search for and experience your fatherly love. We ask this blessing in the name of Jesus Christ, our Redeemer, forever and ever.

Source: Constitution 68

O Lord, all our life is lived in waiting for your coming. While we thank you for this food, we ask that the various moments of our days spent in working and praying, studying, resting, and relaxing will help us to always seek your face. Through Christ, our Lord.

Sources: Psalm 26:8, Constitutions 45, 2

Prayers Before Meals During the Christmas Season

Praise be to you, Lord Jesus, who by your birth desired to make yourself our brother. Bless this food that we are about to eat. Help us remain faithful to our call to follow you in whatever way you ask, Word of God made flesh and Redeemer of all humanity. This we ask through you who lives and reigns with the Father and the Spirit, one God, forever and ever.

Source: Constitution 74

Lord, all-powerful God, who made the light of salvation shine on the world through your Word made flesh, bless this food that we are about to eat, and make us courageous proclaimers of the mystery of Christ. We ask this blessing in the name of Jesus Christ, our Redeemer, forever and ever.

Source: Constitution 10

We give you thanks, Father, for showing us your providence again today. We praise you and give you thanks for sending your Son into the world to redeem it. Help us to be more like Christ, who came down from heaven not to do his own will but the will of you who sent him. Through Christ, our Lord.

Sources: John 6:38, Constitution 74