

## **PRAYER BEFORE MEALS**

**O Christ God, bless + the food and drink of Your servants for You are holy always, now and ever, and forever. Amen.**

## **PRAYER AFTER MEALS**

**We thank You, Christ our God, for You have satisfied us with the good things of Your earth. Do not deprive us of Your heavenly kingdom but as You appeared to Your disciples, O Saviour, granting them peace-come also to us and save us. Lord have mercy (Three times) Give the blessing. Blessed is our God who, through His grace and loving kindness, is merciful to us and nourishes us from the abundance of His gifts, always, now and ever, and forever. Amen.**