

# Blessings & Bread

## 100 Table Blessings For Daily Meals & Special Occasions



By  
**Bass Mitchell**

# Introduction

I was in a restaurant not long ago when some grandparents came in with their small granddaughter. When they got their food and sat down, the grandfather proceeded to take a bite out of his sandwich when a voice loud and clear filled the room, "Grandfather, aren't we going to say the blessing?"

The grandfather almost choked on his sandwich as he looked around to see if anyone had noticed what had happened. Of course everyone had!

He swallowed the bite he had taken and nodded at his granddaughter, who promptly said the blessing that day loud enough for all of us,

"God us great,  
God is good,  
let us thank God,  
for our food.  
By God's hands  
we all are fed.  
Thank you God  
for our daily bread. AMEN!!!"

For as long as I can remember, saying the blessing or grace over the meal has been a part of my family. No matter where we are, when it comes to mealtime we hold hands and we pray. I know it's just a small thing but those small, seemingly insignificant rituals we do in the family are more important and influential that we know.

For one thing, it keeps us in perpetual remembrance that our food and all we have comes from God. We tend to forget that.

For another thing, it helps us to be thankful.

And yet another thing a blessing or grace over the meal does is, by evoking God's name, reminds us that God is with us. There is something about inviting God to the table that has a powerful way of deepening our fellowship, love, and the bonds between us.

Saying a blessing, especially in public, is also a powerful witness to the world to the goodness of our God. I saw a family of five children not long ago in a restaurant. As they held hands and bowed their heads, there was a profound moment of silent reverence in the whole place. I was blessed to see them and so were others.

So, you see, saying the blessing is really just another way of opening ourselves to the countless blessings of a forever giving God and sharing those blessing with others.

I offer these blessings, 100 of them, for your table. In fact, you may wish to place it on or near the table. Some I have collected over the years, while many others I have written and used myself. Many are for daily meals, while others are for special occasions. Some are funny. Some you sing. Some you do not say anything at all. Some require everyone to do something. You will find the index helpful in finding just the right one for the right occasion.

If you have a favorite blessing or grace not included here, please send it to me at [bassmitchell@homiliesbyemail.com](mailto:bassmitchell@homiliesbyemail.com) and I will include it in the next edition of this booklet.



## About the Author:

Bass Mitchell is a writer and pastor. He has written several books, among them, "In Every Blade of Rustling Grass" and "God Sightings: Discovering God in Everyday Life," available through any bookstore. He offers other e-books, Bible studies, preaching and worship materials through his web site at <http://www.homiliesbyemail.com>

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1.  
(May be sung to Doxology Old 100th)  
Be present at our table, Lord,  
Be here and everywhere adored;  
Thy creatures bless and grant that we  
May strengthened for thy service be. Amen.

2. (A variation of the above)  
Be present at our table, Lord,  
Be here and everywhere adored;  
Thy creatures bless and grant that we  
May feast in fellowship with thee. Amen.

3.  
Oh Thou the sustainer  
Of our bodies, hearts, and souls  
Bless all that we thankfully receive. Amen.

4.  
God of goodness, bless our food,  
Keep us in a cheerful mood.  
Bless the cook and all who serve us.  
From indigestion, Lord, preserve us. Amen.

5.  
For food, for raiment,  
For life, for opportunity,  
For friendship and fellowship,  
We thank thee, O Lord.

6. (Tune: O God our Help in Ages Past)  
To God who gives us daily bread,  
A thankful song we raise.  
We pray that God who gives us food  
Will fill our hearts with praise. Amen.

7.  
Come, Lord Jesus, our guest to be  
And bless these gifts received from Thee.  
Amen.

8.  
Lord, some people have food  
and no friends.  
Some people have friends and no food.  
We thank you that on this night we have both.  
Amen.

9.  
Lord of all, to Thee we raise,  
This our hymn of thanks and praise.  
In the world's confusion  
May we know the grace of God. Amen.

10. (Responsively)  
The eyes of all wait upon thee, O Lord.  
And thou givest them their meat in due  
season.  
Thou openest thine hand.  
And fillest all things living with  
plenteousness.  
Glory to the Father and to the Son and to the  
Holy Spirit.  
As it was in the beginning is now and shall be  
forever.  
Amen.

11.  
Bless this food to our use and us to thy loving  
and faithful service. And make us ever  
needful of the minds of others. Amen.

12. (In the morning:)  
God has created a new day  
Silver and green and gold  
Live that the sunset may find us Worthy His  
gifts to hold. Amen.

(At lunch:)  
For health and strength and daily Bread,  
We give you thanks, O Lord. Amen.

(At supper:)  
Evening has come, the board is spread,  
Thanks be to God, who gives us bread.  
Amen.

13.  
Father we thank thee for the night  
and for the glorious morning light  
for rest and food and loving care  
and all that makes the world so fair. Amen.

14.  
Help us to do the things we should,  
to be to others kind and good,  
in all we do in work or play,  
to grow more loving every day. Amen.

15.  
Lord, may the hunger of our flesh help feed  
our brothers and our sisters; may the hunger  
of our souls draw us to your feast. Amen.

16.  
God is great, God is good.  
Let us thank God for our food.  
By God's hands we all are fed.  
Give us Lord our daily bread. Amen.

17.  
For these, and all good gifts,  
We give Thee thanks, O Lord. Amen