

EVERY LIFE MATTERS



“I ask all believers to return to this beautiful and meaningful custom (of giving thanks to God before and after meals). That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need.”

-Pope Francis, Laudato Si' 227, 2015

Before the meal, begin with a brief excerpt from Scripture:

Leader: Lord, Jesus we thank you for your Word. You call us to be merciful as our Heavenly Father is merciful (cf. Luke 6:36).

All: Help us, Jesus, to share your love and mercy with those in need.

Together: Bless us, O Lord,
and these Thy gifts,
which we are about to receive
from Thy bounty.
Through Christ our Lord.
Amen

After the meal:

We give you thanks, Almighty God,
for all your gifts,
who live and reign now and forever.
Amen

For other Scripture suggestions,
follow Archbishop Smith on Twitter [@archbsmith](https://twitter.com/archbsmith)



The Catholic
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