

Table Prayers

Before Breakfast

Psalm 144:15-16

The eyes of all creatures look to You and You give them their food in due time. You open wide Your hand, and grant the desires of all who live.
+ Glory be to the Father, and the Son, and the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy (3). Christ God give the blessing.

Through the prayers of our holy Fathers, we ask You Christ God, to bless this food and drink for Your servants, for You are holy, always, now and for ever and ever. Amen.

After Breakfast

Troparion, tone 8

Blessed are You, O Christ our God;* You have given us food in due time.* Fill us also with the Holy Spirit** and abide with us all the days of our lives. Amen.

Before the Noonday Meal

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

+ Glory be to the Father, and the Son, and the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy (3). Christ God give the blessing.

Through the prayers of our holy Fathers, we ask You Christ God, to bless this food and drink for Your servants, for You are holy, always, now and for ever and ever. Amen.

After the Noonday Meal

Troparion, tone 8

We give thanks, O Christ our God,* for You have satisfied us with Your earthly gift;* deprive us not of Your heavenly kingdom,* but as You came among Your disciples and gave them peace,** come to us and save us.

+ Glory be to the Father, and the Son, and the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy (3). Christ God give the blessing.

Blessed be God, Who shows us mercy and nourishes us with his abundant gifts through

His grace and loving kindness, always now and for ever and ever. Amen.

Before the Evening Meal

Psalm 21:27, tone 4

The poor shall eat and be satisfied,* and those who seek the Lord shall praise Him** their hearts shall live forever.

+ Glory be to the Father, and the Son, and the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy (3). Christ God give the blessing.

Through the prayers of our holy Fathers, we ask You Christ God, to bless this food and drink for Your servants, for You are holy, always, now and for ever and ever. Amen.

After the Evening Meal

+ Glory be to the Father, and the Son, and the Holy Spirit, now and for ever and ever. Amen.

Hymn to the Theotokos, tone 6

It is truly right to bless you O God-bearing One,* as the ever-blessed and immaculate Mother of our God.* More honourable than the cherubim* and by far more glorious than the seraphim;* ever a virgin, you gave birth to God the Word,** O true Mother of God, we magnify you.

Your womb O God-bearer, became a holy table, bearing Christ our God, the Bread of heaven. As the Nourisher of all, He has said, "Anyone who eats from it shall not die."

Psalm 91:5

Your deeds, O Lord, have made us glad; for the work of your hands we shout for joy.

Psalm 4:7-9

Lift up the light of Your face upon us, O Lord. You have put into my heart a greater joy than they have from abundance of grain and new wine. I will lie down in peace and sleep comes at one for You alone, Lord, make me dwell in safety.

+ Glory be to the Father, and the Son, and the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy (3). Christ God give the blessing.

God is with us through His Grace and love for mankind, always, now and for ever and ever. Amen.