

As a communion of churches we celebrate the gift of diversity. Here are some table prayers you can use at home or in a congregational gathering or teach to your children from different parts of the world:

*Dear Lord,  
We thank you for the food you give us.  
We beg you to look after all people who are suffering from hunger and help us  
to extend our hands and offer our assistance to them. In the name of the  
Father, Son and Holy Spirit. Amen  
(Eritrea)*

*Give us grateful hearts,  
O Father for all thy mercies  
And make us mindful of the need of others  
Through Jesus Christ our Lord. Amen.  
(Uganda)*

*Everything God has created is good  
And no food is to be rejected provided  
Grace is said for it,  
The word of God and the prayer to make it holy. Amen  
(Uganda)*

*Lord,  
We don't get mangos from an avocado tree  
And we don't get corn from a banana plant.  
We produce what we are.  
Help us to be what you need produced. Amen.  
(Haiti)*

*Jesus, the Lord of life, we thank you for you keep us alive through the food  
you give us, and we earnestly pray that you bless the food which is now on the  
table. (Ethiopia)*

*Our Father, we praise you.  
You provide to us every day.  
Bless our food  
So we can commune with Jesus forever. Amen.  
(This table blessing from Tanzania is taught to students from nursery school  
upwards. They sing it together as a short liturgy before a meal.)*

Some questions for reflections with the children:

1. Does your family pray before meals? What do you pray?
2. One word in the prayer that you do not usually hear.
3. What is different from these prayers from your prayer at home?
4. Why do you think people who do not have much food still give thanks?