

# Saying “Grace” in various religious traditions

Lord,  
Bless this bunch  
As they munch  
Their lunch. Amen.

[Humorous Christian Prayer]

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Hark to the chimes  
Come bow your heads  
O Lord, we thank thee  
For daily bread  
Amen

[Lutheran prayer]

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*Pass the bread,  
Pass the meat,  
Thank you, Lord,  
now let's eat!!*

[Swedish Lutheran Prayer]

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*Becoming the life-fire in the bodies of living beings,  
mingling with the upward and downward breaths,  
I digest the four kinds of food.*

[Hindu Prayer -- from the 14th verse of the 15th chapter of the Bhagavad Gita]

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*"Jal meokgesseumnida"*

(잘 먹겠습니다)

(*"I will eat well"*).

*Korean Prayer Before meals -- usually only said  
when eating with someone else.*

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*Some hae meat and canna eat,  
And some wad eat that want it;  
But we hae meat, and we can eat,  
Sae let the Lord be thankit.*

*Scots (The Selkirk Grace)*

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

[Catholic Prayer]

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Be present at our table Lord.  
Be here and everywhere adored.  
These mercies bless and grant that we,  
may feast in fellowship with Thee. Amen

[Wesleyan (the Christian sect connected with AGU) Prayer]

# Saying “Grace” in various religious traditions

For what we are about to receive,  
may the Lord make us truly thankful. Amen.

[Common in British and Australian religious schools]

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Bless, O Lord, this food we are about to eat;  
and we pray You, O God, that it may be good for our body and soul;  
and if there be any poor creature hungry or thirsty walking along the road,  
send them into us that we can share the food with them,  
just as You share your gifts with all of us.

[Traditional Irish Prayer]

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Thanks to the earth for the soil.  
Thanks to the sky for the rains.  
Thanks to the farmers for the harvest.  
Thanks to our friends for the love.

[Non-religious Grace]

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Blessed are You, Lord our God, King of the  
Universe, Who brings forth bread from the earth.

[Jewish Blessing Before Eating]

Note: In the Jewish tradition, a meal is not considered  
to be a meal in the formal sense unless bread is eaten.