



*Christians say grace before and after meals to give thanks to God.  
We give thanks to God for the gift of food he has given us to eat.  
We give thanks to God for the many gifts he gives to us each day.*

## **Grace Before Meals**

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

## **Grace After Meals**

We give thee thanks,  
for all thy benefits,  
almighty God,  
who lives and reigns forever.  
Amen.



(Spanish)

## **Oración antes de comer**

Bendícenos, Señor,  
junto con estos dones  
que vamos a recibir  
de tu generosidad,  
por Cristo Nuestro Señor.  
Amén.

## **Acción de gracias después de comer**

Te damos gracias  
por todos tus dones,  
Dios todopoderoso,  
Tú que vives y reinas  
ahora y siempre  
Amén.