

Giving Thanks

FOR FOOD IN A WORLD WHERE
MANY WALK IN HUNGER



Introduction

We live in a world of abundance best symbolized in a feast set on a banquet table.

We also live in an unequal world where that abundance is experienced differently. For some, a feast may be a simple meal of rice with vegetables, or cassava and sardines. Tables around the world vary greatly. However, giving thanks for food is universal.

What does it mean to give thanks for food, knowing many people do not get enough to eat each day? When Christ taught us to pray “Give us this day, our daily bread” the ‘us’ is not limited to our immediate circles. It is the ‘us’ as in the human family—our neighbours both here and around the world. This prayer is an expression of our trust in God, the creator and provider, to whom we give thanks.



Our gratitude guides us toward a hunger for justice that all may be fed.

Food on our tables is much more than food. It is land, water, farmers, fuel, workers, wisdom and more. We partake in all these ingredients when we eat, whether it is a quick bite delivered at a drive-thru window, a fancy thanksgiving dinner or a community picnic.

Canadian Foodgrains Bank connects with communities and cultures around the world, recognizing the diverse and beautiful words of gratitude that accompany any given meal.

Affirming our value that all people bear God’s image—women, children, and men—and that no one should suffer the indignity of hunger, we encourage the use of these prayers and expressions of gratitude as you gather around your table, and reflect on God’s provision of food, a daily gift to us.



For Food in a World

D Bm D A



For food in a world where ma-ny walk in hunger, for

3 D/F# Bm Em7 A



faith in a world where ma-ny walk in fear, for

5 G D




friends in a world where ma-ny walk a-lone. We

7 A7 D



Give you hum-ble thanks, O God.

Look for the  for prayers that can also be sung together. Scan the QR code or visit foodgrainsbank.ca/giving-thanks to listen online.



Make Us Worthy, Lord

Make us worthy, Lord, to serve others throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love, give peace and joy.

Mother Teresa



Bless, Lord.

this food to our use and us to your service,
and keep us ever mindful of the needs of others.
in Jesus' name,
Amen.

A Place at Your Table

Generous God, we have been welcomed at Your table. a feast of love and mercy for the body and soul. May what we have received here today continue to strengthen our faith and our resolve to be your hands and feet in the world, working together so that everyone may find a place at Your table. Amen.



God's Table

(inspired by Isaiah 25:1-9 and Psalm 23)

Gracious God, in love You open wide the doors and welcome us into Your presence—saints and sinners alike. You spread a table before us, filled with the richest fare—a feast of love and mercy for the body and soul. We come with joy to eat and drink at Your table, to taste and see Your goodness, to celebrate Your grace and mercy in our lives. May Your Spirit inspire our fellowship and conversation as we eat together in Your presence. In the name of Jesus Christ, our companion and host. Amen.

Written by Christine Longhurst for the Canadian Foodgrains Bank



God is great 🎵
and God is good.

Let us thank God for our food.
By God's hand we all are fed.
Give us Lord our daily bread.

We thank God 🎵
for this food.
this food.

This glorious, glorious food
And the animals,
and the vegetables,
And the minerals,
that make it possible.
Amen.



*Gracious God we
pray for those who
hunger in this land.*

whose only kitchen is a soup
kitchen, whose only food is
what others don't want,
whose diet depends on luck,
not planning.

We pray for those who never
knew food insecurity
but now find themselves in an
unknown place
of not being able to provide
food for their families.

We pray for those worldwide
where governments cannot
respond to human need, where fields are devastated by
drought, or locusts or floods.

Gracious God guide us in ways we can feed your people
whether it be "hands on" or calling on governments to
respond to the needs of their people.

Help us to act with focus and speed.

Open our eyes, hearts and hands to the movement
of your Spirit, that we might be the hands and feet
of our Lord Jesus Christ.

In whose name we pray.

Amen.

newtonpresbytery.org/2020/08/14/prayers-for-those-who-face-food-insecurity



In American Sign Language

Gratitude for food is expressed using the sign for thank you: The signer moves their dominant hand (palm facing towards the face, with fingertips starting on the chin) arcing from the mouth forward to display a flat palm.

Thank you, God

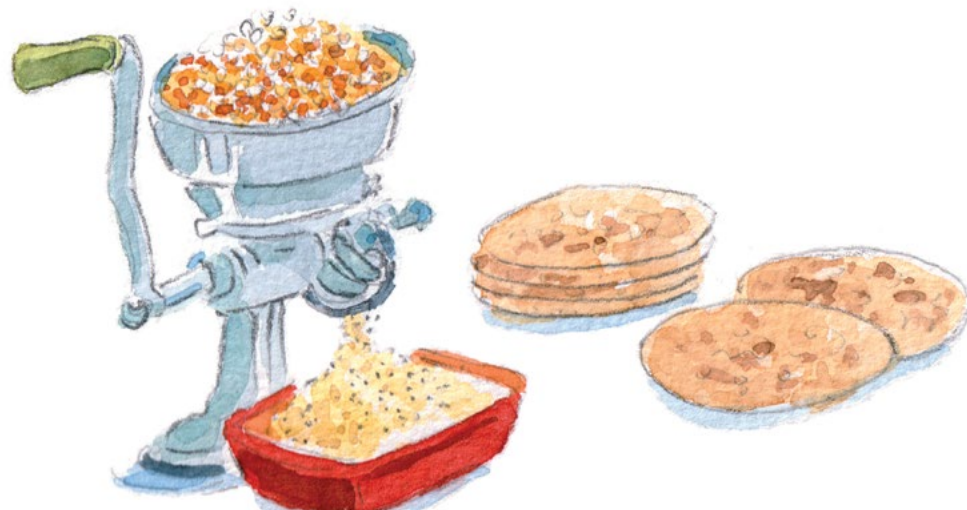
For the hands and lands
That brought this food
To our table.
Amen.



Breaking Bread with the Hungry

Blessed are you, O Lord our God,
Ruler of the Universe, who has given us:
the grain of the earth, the fruit of the vine,
the blood of your vein, the pulse of your heart.
Help us to break bread with the hungry
as we are broken by their hunger.
Teach us to live as your Body.
Amen.

Adapted from Monkfish Abbey.



God, our Father and our Mother,

we give thanks, we give thanks, for the
food before us, and the friends around us.
Thank You, God. Thank You, God.

*Anonymous, altered
(to the tune of Freres Jacques)*

Thank You!

The world is filled with the glory of God, and we say,
Thank you!
The hills and valleys are filled with colour, and we say,
Thank you!
The vines and trees are filled with fruit, and we say,
Thank you!
Our tables are overflowing with food, and we say,
Thank you!
Our life is filled with love of family and friends, and we say,
Thank you!
We fill this place with our voices, saying,
Thank you!

*Adapted from an Opening Prayer
by Carol Penner, posted on
Leading in Worship.*





Lord Jesus be our Holy guest.

our morning joy, our evening rest,
and with our daily bread impart,
your love and peace to every heart.
Amen.



God of Seed and Harvest

We bless you,
God of Seed and Harvest
and we bless each other
that the beauty of this world
and the love that
created it
might be expressed though our lives
and be a blessing
to others now and always.
Amen.

From the Third Space website.



May this food restore our strength.

giving new energy to tired limbs,
new thoughts to weary minds.

May this drink restore our souls,
giving new vision to dry spirits,
new warmth to cold hearts.
And once refreshed, may we give new pleasure to You,
who gives us all.
Amen.

Anonymous Irish grace



Praise God from whom all blessings flow. 🎵

Praise God all creatures here below,
Praise God above ye heavenly hosts,
Creator, Son and Holy Ghost
Amen

We Thank You for Food 🎵

We thank you for food and remember the hungry,
we thank You for health and remember the ill,
we thank You for homes and remember the homeless,
May our thanks lead to service, to doing Your will.

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For Food, glorious food

For food, glorious food
and those who provide it
let us praise God

For potatoes and pasta

crumbly cheese and juicy tomatoes

let us praise God

For the smell of freshly baked bread
for butter and honey, jam and cream

let us praise God

For colourful carrots and bendy
bananas for peppers and peanuts

and perfect pears

let us praise God

For sizzling sausages
and bacon strips for
crunchy apples and
seedless grapes

let us praise God

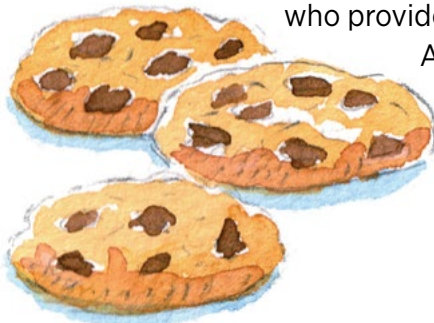
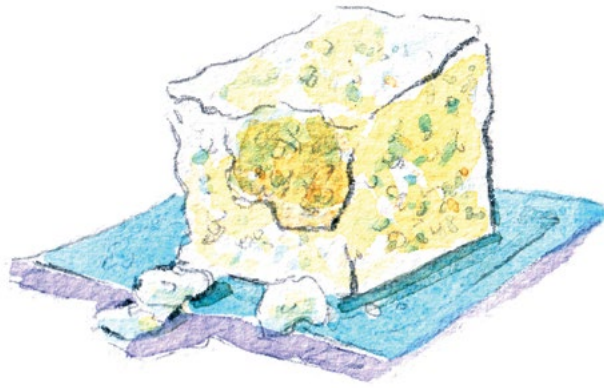
For milk and for juice
for fish and for chips let us praise God
For chocolate and for biscuits for corn
flakes and toast let us praise God

For food, glorious food and those

who provide it **let us praise God**

Amen.

*All-Age Prayer of Thanksgiving from
"Harvest Resources: for use with
Children or Young People" (alt),
produced by The Arthur Rank Centre*



This food, that you send for us, Father

Is the food that gives us life.

Amen

*Traditional Haitian
Catholic grace*



The Hand that Made the Hands

For the hands that tilled,
for the hands that harvested,
for the hands that processed,
for the hands that transported,
for the hands that stocked,
for the hands that sold,
for the hands that bought,
for the hands that prepared,
for the hands that will hold,
for the hand that made the hands,
our hearts are forever grateful.

Amen.

Ewan Aitken, printed in Blessed be our Table, Wild Goose 2003



We Share the Feast

We will eat today and be fed.
So in thankfulness we share in this feast.
But Lord we pray, do not curb our hunger for love.
Do not curb our hunger for justice.
Instead, use the satisfaction of this meal
to increase our hunger for equity—
so that all can eat and be fed.
Amen.

*Willard Metzger, Thanking God with Integrity, Volume I,
published by World Vision, 2008.*

Blessed are You

Blessed are You, Lord God of all creation.
You hold in Your care all that You have made.
Bless us as we share this meal,
and touch our hearts to serve all whom we meet,
through Christ our Lord.
Amen.

*Traditional, based on the Hebrew blessing
Berakah Attah Adonai*



Traditional Blessing

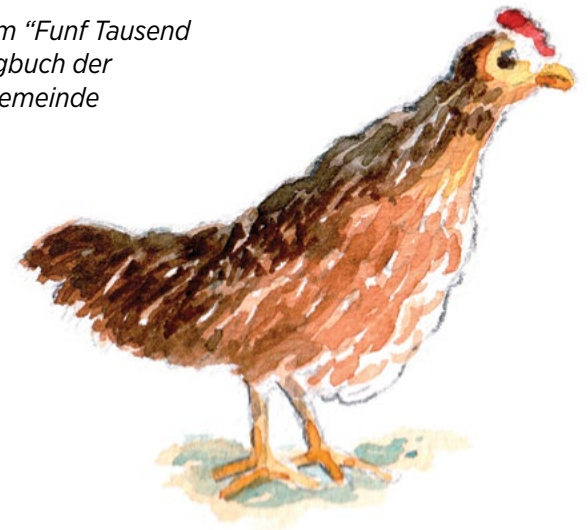
For food that stays
our hunger,
For rest that brings
us ease,
For homes where memories linger,
We give our thanks for these

Author Unknown

Five thousand Lord. by Three were fed

With but a little fish and bread
Your thanks to God did multiply
Enough for all to satisfy.
So as we gather here to dine,
Help us give thanks, for we are Thine.

*Freely translated from "Funf Tausend
Menschen" in Gesangbuch der
Mennoniten Brudergemeinde*





A Banquet of the Spirit

We feel hungry, but we do not starve.
We eat until we are stuffed, but
still have empty hearts.
Grant that our fellowship of food may
also be a banquet of the Spirit.
Fill us with Your love and compassion,
so that, through our lives, others may also be fed.
Amen.

Attributed to Emilie Fendall Johnson

The Bread is on our table

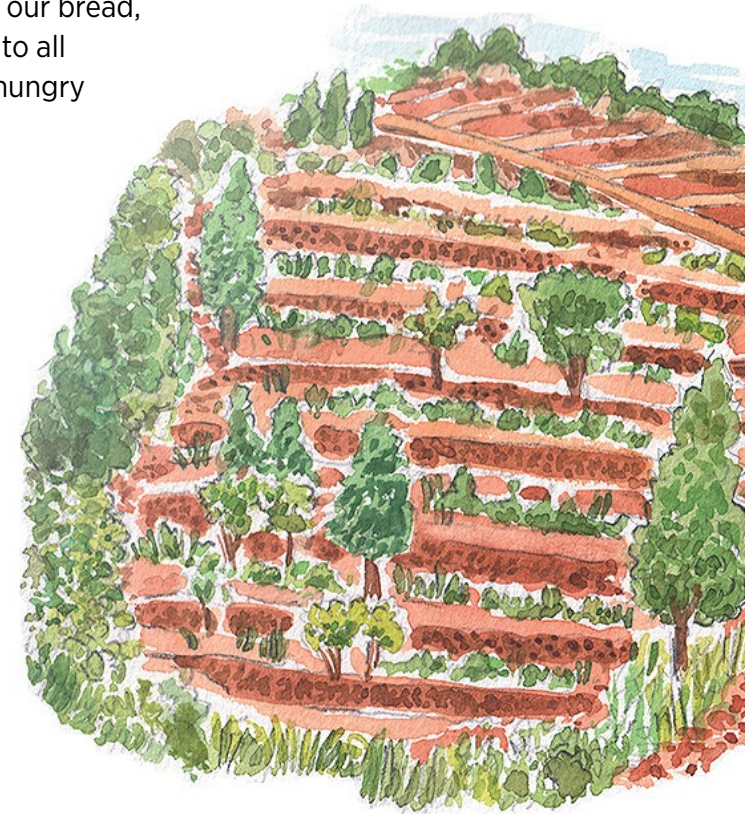
The bread is on our table.
Bless those who have no bread.
And give us grace in sharing
this bounty 'round us spread.
Amen.



Hunger for Justice 🎵

God bless to us our bread,
and give bread to all
those who are hungry
and hunger
for justice
to those
who are fed;
God Bless to us our bread.
Amen.

*Traditional
Latin America*



Grace

Lord, as you fill us with
this food,
fill us also with your
spirit of love.
In your name we pray.
Amen.

salvationarmy.org.uk.

CANADIAN FOODGRAINS BANK

is a partnership of 15 Canadian churches and church-based agencies working together to end world hunger by: providing emergency food in times of crisis, helping people improve their access to food in the longer-term, and engaging Canadians and governments toward meaningful change.

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