

Patterns of Grace and Gratitude Week 1

Wednesday, April 14



Thanksgiving altar, Powell United Methodist Church

It's interesting that the prayer that is prayed before meals is called "grace". Again it is a pattern that helps us remember that our food is a gift. The meal is a gift. The company around the table is a gift. And all good gifts originate with God. So, "grace" at meal time remembers the loving actions of God combined with our gratitude for those good and sustaining gifts. Each Wednesday will highlight a table grace.

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