

ACTIVE IN 20 MISSION 25

Feeding Hope

Locally & Globally

TABLE GRACES

Prayers and Blessings for Mealtimes

German

Segne Vater, diese Speise, uns zur Kraft, und dir zum Preise, Amen.

(Bless Father, this food to our nourishment, and to your praise, Amen.)

Komm, Herr Jesu; sei unser Gast; und segne, was du uns bescheret hast.

(Come, Lord Jesus, be our Guest; and let Thy gifts to us be blessed.)

Submitted by: Mark Doerksen

Chin

Bawipa tirawl nakan pek mi hnahi damnak le thazaang a kan petu an si khawh nak hnga thlua kan chuah piak. Nangmah sunparnak caah caang dih ko hna seh, Zisuh minin kan in hal, Amen.

(Lord bless this meal for our health and strength, let it be for your glory, in Jesus name, Amen.)

Submitted by: Zabiak

Malay

"Tuhan bapa kami di syurga, kami berterima kasih atas hidangan makanan yang sedap sekali dikurniakan Tuhan untuk kesihatan tubuh-tubuh kami. Kami memintah supaya Tuhan akan memberkati makanan-makanan ini untuk kemuliaan Tuhan dan umat-umat sekalian! Amin!"

("Our Father in heaven, we thank you for the delicious food that is served and bestowed by you, Lord, for the well-being of our bodies. We asked that Lord you will bless the food for your glory and bless your fellow believers! Amen!")

Submitted by: Victor Ku

Mandarin

亲爱的天父，感谢你所赐的食物，感谢你供应我们日用所需。求你赐福我们接下来团契的时间。奉救主耶稣的名！阿门！

(Our heavenly Father, thank you for the food, and thank you for providing what we need every day. We ask that you bless our fellowship together. In Jesus' name! Amen!)

Submitted by: Jerry Wang

Swahili

Tunakushukuru, Bwana, kwa chakula hiki na kwa baraka za familia na marafiki. Tule kwa mioyo ya shukrani na kulishwa mwili na roho. Amina

(We thank you, Lord, for this food and for the blessings of family and friends. May we eat with grateful hearts and be fed in body and spirit. Amen)

Submitted by: Joe Gacheru

French

Bénis, Seigneur, cette nourriture que nous allons recevoir de ta bonté. Par Jésus-Christ, notre Seigneur. Et permets que, comblés de tes bienfaits, nous sachions à notre tour bénir les autres. Amen.

(O Lord, bless this food which we are about to receive from your goodness. Through Jesus Christ, our Lord. And grant that, filled with your blessings, we may in turn know how to bless others. Amen.)

Submitted by: Janet Li

Korean

In Korean culture, it is considered good manners to always say these two phrases (before and after eating) at the table.

잘 먹겠습니다

"Jal mukgeh-sseum-nida"

Direct translation: "I will eat well"

Meaning: thank you for preparing the food (eg. Bon appetit)

This is followed up after the meal by saying:

잘 먹었습니다

"Jal muguh-sseum-nida"

Direct translation: "I ate well"

Meaning: thank you for the meal

Meal prayer:

하나님 아버지,

"Hananeem ahbuhjee"

Father in heaven,

우리에게 일용할 양식을 주셔서 감사합니다.

"Woori-ehgeh eel-yong-hal yangshik-ul joo-shuh-suh gamsa-hamneedah"

Thank you for giving us our daily bread.

감사드리며 예수님의 이름으로 기도합니다. 아멘.

"Gamsa-deuree-myuh yehsooneem-eh eerum-euroh gheedoh (soft "g" like ghee) hamneedah. Ah-men.

With thanksgiving, we pray in Jesus' name. Amen.

Submitted by: Nahri Hong

Tagalog

Ama namin sa langit, sambahin at purihin ang dakilang pangalan mo. Taos puso kaming nag papasalamat sa lahat ng biyaya na ipinagkaloob mo sa amin. Dalangin namin na patuloy mo kaming gabayan sa araw araw naming gawain habang kami ay patuloy na naglilingkod sa iyo. Ito ang aming samo't dalangin sa pangalang ni Hesus na aming Panginoon at tagapagligtas, amen.

(Our heavenly Father, we worship and praise Your great name. With humble hearts, we thank you for all the blessings you have given us. We pray that you continue to guide us in our daily activities even as we continue to serve you. This is our prayer, in the name of Jesus our Lord and Saviour, Amen.)

Submitted by: Reterio Sela

Ukrainian

Господи Боже, ми дякуємо Тобі та просимо Твого благословення на цю їжу. Ми просимо в ім'я Ісуса. Амінь.

(Our heavenly Father, we thank you for this food, we ask your blessing upon this food. We ask in the name of Jesus. Amen.)

Submitted by: Lesia Andrusyshyn

Благослови, Господи Боже, нас і ці дари, які з Твоєї доброти ми споживатимемо. Через Христа, Господа нашого. Амінь.

(Bless, Father, us and these gifts(food), which we are going to enjoy thanks to your kindness. We ask in Jesus's name. Amen.)

Submitted by: Nataliya D-yachenko

Spanish

Padre Celestial, gracias por tus bendiciones y presencia en nuestras vidas. Gracias porque provees de todo lo que necesitamos y nunca falta comida en nuestras mesas. Has que este momento sea un buen tiempo de comunión entre nosotros. Y siempre provee para aquellos que necesitan. En el nombre de Jesucristo oramos, amén.

(Heavenly Father, thank you for your blessings and presence in our lives. Thank you because you provide everything we need and that food is never lacking on our tables. Make this moment a good time of community for us. And always provide for those in need. In the name of Jesus Christ we pray, amen.)

Submitted by: Marcelo Olate Diaz

Kiswahili

Baba yetu wa mbinguni, Tunashukuru kwa chakula
ambacho umetujalia leo.

Tunaomba kitutie nguvu na afya, na Kiimarishe miili yetu.

Kwa neema yako Uwakumbuke wale hawana na uwape kile wanachohitaji.

Kwa yesu kristo Bwana wetu.

Amina.

Our Father in heaven,

We thank you for this food,

Which you have blessed us with today.

We pray that it gives us strength and health, and that

It may strengthen our bodies and souls.

*We remember those who have no food, that you
provide what they need.*

Through Christ our Lord

Amen.

Submitted by: Beth Kamathi