

Blessing of food

Blessed are You, Lord our God,
Creator of the universe,
who brings forth bread from the earth,
who creates the fruit of the vine.

Blessed are You, Lord our God,
Ruler of the universe,
who creates the fruit of the ground,
the fruit of the trees
and all that is good for nourishment.

Blessed are You, Lord our God, Ruler of all things,
at whose word all things came to be,
who gave us the gift of life and of each other.

Blessed are you Jesus, our Lord and Saviour,
who through your cross and resurrection,
and in the power of the Holy Spirit
have opened to us the love of our Father.

In the name and blessing of our God,
who is Father, Son and Holy Spirit. Amen.

