



(Session 7) Jesus says Grace before Meals

Aim:

- ❖ To help your child to pray, as Jesus did before he had a meal, at home with Mary and Joseph, or with his friends.

All are seated at the kitchen or dining room table.

On the table: (Prepared beforehand)

- Some bread and sandwiches (enough for all at the table).
- Glasses of juice for all.



Parent: We are going to have a snack together.

- We are going to have it much like Jesus would have had it with his friends.
- First of all, what do we say before our meals?
- (Allow the child and the other family members to recite “our” grace before meals).

Parent: Can anyone say what Jesus would have said?

- (Allow the child and the other family members to have a guess).
- (Accept each answer and admire the imagination of each one).



Parent: (After the guessing say):

- This is like what Jesus might have said.
- It comes from the prayers that the Jews say at table.
- His Mother Mary and St Joseph would have taught him these prayers.

Parent (or another member of the family): For the Bread we will eat:

Blessed are You, Lord our God and Ruler of the Universe, who brings forth bread from the earth.

All: (Repeat the blessing).

Parent: And for the wine or grape juice or fruit juice that we will drink:

Blessed are You, Lord our God and Ruler of the Universe, who creates the fruit of the vine and the fruit trees.

All: (Repeat the blessing).

Parent: Let's repeat these once more.

All: (Repeat the blessing).

Parent: Now let us enjoy the bread and sandwiches.

All: ***Blessed are You, Lord our God and Ruler of the Universe, who brings forth bread from the earth.***

(After the bread and sandwiches have been eaten):

All: ***Blessed are You, Lord our God and Ruler of the Universe, who creates the fruit of the vine and the fruit of the trees.***

(All enjoy the juice).

Parent to the Child: (after all have eaten and enjoyed the juice): Would you like to thank God for the sandwiches and juice?

(Allow the child to say whatever prayer she/he wishes).

All: (say at the end of the prayer): **Amen.**

Afterwards:

The conversation may turn on:

- Our own Grace before and after meals. – Help your child to recognise that we are asking God to bless us and our food because he has given it to us through our parents. Say the words of the “**Grace before Meals**” with your child.
- The prayers of the priest when preparing the bread and wine at Mass. – Encourage your child to listen and recognise how much these words are like those that Jesus may have said, and even our own “**Grace before Meals**”.

