

I Timothy 4:3 – “...foods which God created to be received with thanksgiving.”

PRAYER BEFORE MEALS

When we pray before meals we follow the example of Jesus. “Ordering the people to sit down on the grass, He took the five loaves and the two fish, and looking up toward heaven, He blessed the food, and breaking the loaves He gave them to the disciples, and the disciples gave them to the crowds” (Matthew 4:19). A look at the New Testament reveals the Jesus regularly blessed the food before He ate. Of Paul it is said, “he took bread and gave thanks to God in the presence of all, and he broke it and began to eat” (Acts 27:35). The wonderful thing about giving thanks or asking God’s blessing on meals is anyone can do it. Giving thanks before meals is a good way to teach children to pray. It is also a good example for children to see their parents pray. If you pray before every meal, it will assure that you talk to God every day. Breakfast, lunch, or dinner, all provide a brief opportunity to talk to God. Giving thanks in restaurants, is a testimony of your faith in Jesus. Before you pray over your food, try asking your server if there is anything he or she would like you to pray for. Look at meal time as another opportunity to talk to with God. When you do, you can include a brief prayer for others who have needs.