

✚ Table Prayers for Lent ✚

Family members gather around the family table. Place your Home Cross or other Lenten symbol in the center of the table.

Blessing for the Family Meal

Bless us, Lord, and the food we are about to eat. May our love for one another, and the food we share, strengthen us to share your love with others. Amen.

Week One—Lord of Life

Blessed are you, Lord of Life.
You take on our humanity and call us to be all we can.
Give us the courage we need to change our lives.
To live, like Jesus for others.
Help us grow daily in our commitment and caring.
All: Lord, hear us and keep us in your love.

Week Two—Lord of Growth

Blessed are you, Lord of Growth
You grew up, like us, in a family
Where love and support where daily needs.
Help us to share the best of ourselves with our family,
To affirm each other's growth and cherish each other's gifts.
We ask this in the name of Jesus, our brother, Amen!
All: Lord, hear us and keep us in your love.

Week Three—Lord of Hospitality

Blessed are you, Lord of Hospitality.
You welcome all with open arms.
No one is a stranger to your love and concern.
Remove the fear and hesitation that keep us

From moving beyond the known and comfortable.
Help us rejoice in the personal and cultural differences
That proclaim your multi-hued love.
Draw all people together in praise of the God who is One.
All: Lord, hear us and keep us in your love.

Week Four—Lord of Compassion

Blessed are you, Lord of Compassion.
You feel the pain of those in need
And take their suffering upon yourself.
Help us to identify more with those in need,
In our neighborhoods and throughout the world,
And to do our part to ease the burdens they bear.
All: Lord, hear us and keep us in your love.

Week Five—Lord of Healing

Blessed are you, Lord of Healing.
You remove the pain of separation and want,
And heal us of all our hurts.
Help us to be for others,
In our family and world,
The healing and hopeful presence
That Jesus is for us. Amen.
All: Lord, hear us and keep us in your love.

Holy Week—Lord of Faithfulness

Blessed are you, Lord of Faithfulness.
Through your relationship to the Father you show
Us what it means to be faithful to our commitments
And our relationships.
Help us to be faithful to our values and beliefs,
And to reach out to you in the forgotten and downtrodden.
All: Lord, hear us and keep us in your love.