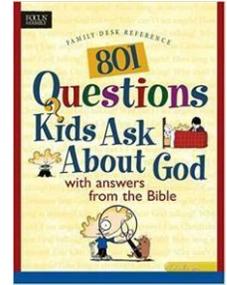




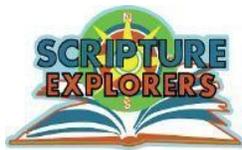
What is the difference between food that we pray for and food we have not prayed for?



There is no difference between the two kinds of food. Praying at meals does not change the food. It changes us. We pray over to the food to thank God for it and to ask his blessing on those who eat it, just the way Jesus did.

We are saying, "God, we know that you have provided this food. We are thankful for it, and we ask you to use it to make us strong and healthy." We are asking God to bless the people at the meal.

Praying at meals reminds us that every bit of food we get comes from God's hand and that God provides everything we need.



As they sat down to eat, [Jesus] took a small loaf of bread, asked God's blessing on it, broke it, then gave it to them.

Luke 24:30

May 31, 2020