

HUNGRY FOR ONE WORLD

GRACE ACROSS FAITHS



Please note that this is not an exhaustive list, but a selection of common graces said from different faith traditions. Also note that in some cases, believers may ad lib to a prayer of grace.

HOW MAY I USE THIS RESOURCE?



- You could select some of the prayers below, to say before and after an interfaith bring and share lunch
- You could ask people from these respective faith traditions to say a few words of introduction before the prayer is recited
- You could use the list of prayers as a basis for a discussion on faith and food across various world faiths

Baha'is may say the following prayer said before eating:

"He is God! Thou seest us, O my God, gathered around this table, praising Thy bounty, with our gaze set upon Thy Kingdom. O Lord! Send down upon us Thy heavenly food and confer upon us Thy blessing. Thou art verily the Bestower, the Merciful, the Compassionate."

Buddhists may say the following before eating :

"Earth, Water, Fire, Air and Space combine to make this food. Numberless beings gave their lives and labours that we may eat. May we be nourished that we may nourish life."

Christians say a grace to thank God for the gift of food and to remember the people who helped to make the food. For example:

"Give us grateful hearts, O Father, for all your mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. Amen."

A common **Catholic** prayer said after eating:

"We give you thanks, Almighty God, for these and all your benefits Who lives and reigns, world without end. Amen."

Muslims offer a blessing before eating to invoke the Name of Allah, to acknowledge Him as The Provider and seek His blessing and goodness from the food.

"In the name of God, the Beneficent, the Merciful."

After **Muslims** have eaten, they thank God and acknowledge His favour:

"All Praise belongs to Allah who granted this meal, (which I received) without my power or effort."

The **Jewish** blessing before food differs depending upon the food being eaten. All blessings start with:

"Blessed are You, L-rd our G-d, King of the universe."

Over a meal which contains bread, this would be followed by:

"...Who brings forth bread from the earth"

If a meal does not contain bread, the blessing is informed by whether it contains any of the following food groups:

Over any other food containing grains:

"...Who creates various kinds of sustenance"

Over wine:

"...Who creates the fruit of the vine"

Over fruit:

"...Who creates the fruit of the tree"

Over vegetables:

"...Who creates the fruit of the earth"

And for all other foods:

"...by Whose word all things came to be"

Hindus may say the following before eating:

"The act of offering is Brahman. The offering itself is Brahman. The offering is done by Brahman in the sacred fire which is Brahman. He alone attains Brahman who, in all actions, is fully absorbed in Brahman."

Sikhs may say the following before eating:

"We are one with the One Truth in everyone"

"The pure at heart belong to the One. Credit for all successes belongs to the One"

