



# Home Rituals — Ideas for your family

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St. Ignatius Loyola Parish

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## Introducing Rituals into your Home.

- Options for prayer.
- Talk about your experiences of prayer before meals throughout the years.
- Special occasions often had special prayers. Share some of those occasions and prayers.

## Home Rituals: Meal prayer

### Prayer before meals:

*One of the most universal of rituals is prayer before meals. All the more so since we are probably eating at home more often. In a world of uncertainty, little rituals mean so much more.*

*We'll list some of the "stock" prayers that are used from church to camp. But consider some of the alternatives that we have found, depending upon the age of children and particular setting.*

"Bless us O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, our Lord. Amen."

"God is great, God is good, let us thank God for our food."

"We thank you Lord, for the food before us, the shelter around us, the family around us, and the love between us. Amen."

"Thank you, God, for our food so good. Help us do the things we should. Amen."

"Thank you for the world so sweet. Thank you for the food we eat. Thank you for the birds that sing. Thank you, God, for everything. Amen."



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## Variations on a theme:

Variations include:

- ◊ the opportunity for each person at the table to give thanks for one person or one special gift
- ◊ the opportunity to ask God to help someone we know
- ◊ the opportunity to pray for a special need that each one has today
- ◊ lighting a candle to symbolize a special time
- ◊ having pictures or tokens for each member of the family not able to be with you at your meal today.

<https://www.growingupcatholic.com/mealtime-prayers.html> lists additional variations including (I never heard of this before)

**Mealtime Prayer cube  
from Creator Mundi  
via Amazon.**

the Johnnie Appleseed song,  
The mealtime prayer cube:  
<https://www.amazon.com/Creator-Mundi-Original-Mealtime-Children/dp/B0069SS70G>

For those with older children, you may wish to look through the list of prayers offered by Xavier University's Jesuit Resource page.

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**Finding God in All Things**



Jesus spent a lot of time at meals with others. Sometimes they were the rich and famous. Sometimes they were the poor or the outcast. Sometimes with friends

and those closest to him. Can you imagine what kind of prayer Jesus said?

What would it look like to have Jesus have dinner at your home? Where would he sit? What prayer would he say at with you?

Our Sunday 10 a.m. liturgy is online either live on Facebook (link at [loyoladenver.org](http://loyoladenver.org)) or recorded and linked under "Video Resources"

### **Variations on a Theme (cont.)**

<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/mealtime-prayers.php>

In choosing your prayers, consider what lesson you wish to teach. Some prayers remind us especially to consider and care for others. Others help us to care for the earth and all creatures.

St. Ignatius in his pragmatism used say "use what works" when it comes to prayer. Try it out, see what works and share your success with others.



Do you remember any other "family" mealtime prayers or traditions?



Like Jesus, Pope Francis takes time to eat with the poor.