

# These Thy Gifts

A Collection of Simple Meal Prayers

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PUBLICATIONS

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# The Season of Advent



**Y**OUR PROMISES, O LORD, ARE PURE;  
they are like silver refined in a furnace  
and seven times purified.

Protect us and guard us.

Bless this food and drink we share.

We await the coming of our Savior, Jesus Christ. Amen.



**O**LORD, OUR CHOSEN PORTION AND CUP,  
you hold our lot in your hands.

We bless you for your counsel.

Make our hearts glad

and make our souls rejoice

as we prepare to welcome your Son,

Jesus Christ, who is Lord forever and ever. Amen.

WE LOVE YOU, O LORD, OUR STRENGTH.

You are our rock, our fortress, our deliverer.  
As we prepare to celebrate the incarnation of your Son,  
grant that we may take refuge in your strength.  
We call upon you to bless our food and drink.  
May our eating and drinking serve as praise of you,  
who lives and reigns as one God,  
Father, Son, and Holy Spirit, forever and ever. Amen.



O LORD,  
do not be far away from us.  
When in need, come quickly to our aid.  
Deliver us from all that hinders us  
from welcoming the Savior with joy.  
Bless this Advent food and drink  
that helps us prepare for the birth of Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God forever and ever. Amen.

**W**E LIFT UP OUR HEADS, O GOD.

We open up the doors of our hearts, O Lord.  
We await the coming of the king of glory,  
your son, Jesus Christ.

May this Advent meal serve  
to prepare us for his arrival.

Hear us through the same Christ our Lord. Amen.



**O** LORD,  
we believe that we shall see your goodness  
in the land of the living.

During this Advent season, we wait for you.

Through this food and drink,  
make us strong and let our hearts take courage.

Help us to prepare to celebrate the birth of your son,  
Jesus Christ, who is Lord forever and ever. Amen.