Why Do We Pray Before Meals?

"It’s easy to forget God’s blessings in our lives, but it is so good and important to be grateful for what we’ve been given."

Have you noticed that many Christians pray before we eat? Why do we do that? There aren’t any commandments in the Bible about praying before meals, but we do have a lot of examples in Scripture of people (including Jesus!) doing this. We don’t pray before eating because we’re worried we’ll get in trouble if we don’t; we pray before we eat to thank God. It would be pretty weird if someone gave you a treat and you just started eating it without saying thank you, and the same is true for us and God. It’s easy to forget God’s blessings in our lives, but it is so good and important to be grateful for what we’ve been given. Let’s show God our gratitude by thanking Him for our food.



Family Time Questions

- What happens if you don’t pray for your food?
- Why should we pray for our food?
- What are some examples in the Bible of people praying before a meal?

Bible Verses

- Matthew 15:36 - Jesus thanked God for His food
- Acts 27:35 - So did Paul
- Deuteronomy 8:10 - It’s OK to pray after eating, too!
- James 1:17 - Every Good thing comes from God

Prayer

"Dear God, thank You for Your many blessings. Thank You for our food. You are so good to us, and we love You very much. In Jesus’ name, Amen."