

BLESSING | A Prayer to Bless the Bread

Before putting your bread or baked good into the oven, say this prayer:

Holy God,
This offering is an ordinary meal—
Simple bread and juice, nothing fancy;
And yet, it is holy.
It is holy because all are welcome at your table—
It is holy because your Holy Spirit makes it holy.

So today we prepare our own bread as a form of prayer.
And in our kneading and mixing,
In our measuring and waiting,
In our recipe-card-reading and taste-testing,
We remember you.

By the Holy Spirit, as these ingredients mix,
may our hearts mix with yours.
By the Holy Spirit, as this bread rises,
may our awareness of you rise.
And by the Holy Spirit, as this bread is shared,
may your love be shared.

With hope and gratitude we pray, Amen.

TIP FOR FAMILIES: *little ones are great at pour ingredients and mixing, find opportunities to involve them in the 'bread' making process. If your children are older, perhaps you can all take turns praying lines from the blessing for the bread together.*