**Meal Prayers For Children**

Many families use “the common table prayer” or Luther’s mealtime prayers from the Small Catechism. At times, some families will vary things and use different meal prayers. Here are some simple, children friendly prayers that you can teach your children. To make sure you get a chance to rotate through the prayers grab a few plastic spoons, write the title of the prayer on the spoon, place the spoons into a cup you keep on your table and allow your children at each meal to grab a spoon and lead a prayer. Here are some to get you started.

**GOD IS GREAT**

God is great.

God is good.

Let us thank Him

for our food. Amen.

**Bless us Oh Lord**

Bless us, oh Lord, and these thy gifts

which we are about to receive from

thy bounty through Christ our Lord.  Amen.

**Jaws Prayer**  
(Tune of Jaws: put your hands into the prayer fin and move side to side)

God is … Great and…God is Good and…

(speed up now) So We Thank Him For Our Food

AMEN! (when saying amen make your hand and arms close like a shark mouth)

**Johnny Appleseed Grace**

Ooooh, the Lord is good to me

And so I thank the Lord

For giving me the things I need:

The sun and the rain and the apple seed

The Lord is good to me.

JOHNNY APPLESEED, AMEN! (clap X2)

**OH GIVE THANKS**

Oh Give thanks unto the Lord,

For He is good.

His mercy endures forever. Amen.

**Addams Family Prayer**

*Sing this to the tune of theme of the old Addams Family TV show, snapping fingers where indicated*

Da da da dum*(snap snap)*  
Da da da dum *(snap snap)*  
Da da da dum  
Da da da dum  
Da da da dum *(snap snap)*

We thank you for this food Lord  
For Mom and Dad and You Lord  
We thank you for this food Lord  
It helps us through the day Da da da dum*(snap snap)*  
Da da da dum *(snap snap)*  
Da da da dum  
Da da da dum  
Da da da dum *(AMEN!)*

##### **The Love Between Us**

Lord, thank You for the food before us,

the family and friends beside us and

the love between us. Amen.

**FOR HEALTH AND STRENGTH** For health and strength and daily food we praise your name, O Lord. Amen.

**SUPERMAN PRAYER** (Sing to the tune of Superman)

Thank you Lord, for giving us food  
(actions: raise right arm overhead as Superman flying)  
Thank you Lord, for giving us food  
(actions: raise left arm flying)  
For the food that we eat  
(actions: standing with both arms over head, to the left)  
For the friends that we meet  
(actions: standing with both arms over head, to the right)   
Thank you Lord, for giving us food!  
(actions: move both hands in fists to hips and stand strong like Superman)

**Rock Around the Clock Prayer** (Sing to the tune of Rock Around the Clock)  
God is great,   
God is good  
Let us thank Him for our food.  
We're gonna thank Him in the mornin', noon and night.  
We’re gonna thank Him 'Cause He’s outta sight.  
We're gonna thank him, thank him, mornin', noon, and night.  
Amen!

**Flintstones Prayer** (To the tune of the Flintstones TV song)

God is   
Great and God is   
Good and so we thank Him for our food.   
God is   
Great and God is   
Good and so we thank Him for our food.   
Amen, ah-ah-ah-ah-ah-amen.   
Amen, ah-ah-ah-ah-ah-amen.   
God is   
Great and God is   
Good and so we thank Him for our -   
We thank Him for our -   
We thank Him for our food! Amen!