Prayer Before Meals

The head of the table says:

O Christ our God, bless this food and this drink of your servants with a spiritual blessing, and make us healthy in soul and body; so that as we enjoy the food our bodies require in the modesty appropriate to our religious calling, we may share in your infinite blessings, and in the kingdom of heaven, together with all your saints. So that in thanksgiving, we may glorify you, with the Father and with the all-holy Spirit, now and always and unto the ages of ages. Amen.

All respond:
Let us eat this meal in peace, which the Lord has given us as a gift. Blessed is the Lord for all his gifts. Amen.

Prayer After Meals
The head of the table says:
Glory to you, Lord. Glory to you, King of glory, for you have given us the food of joy and have filled our hearts out of the fullness of your all-satisfying mercy. Fill us now with your Holy Spirit, so that we may please you and not be ashamed. For you will come and reward us each according to our deeds. And you are worthy of glory, dominion and honor, now and always and unto the ages of ages. Amen.

All respond:
May Christ our God, who has fed us and filled us, make the fullness of this table constant and abundant. Glory to him forever. Amen.

A Prayer for All Occasions

Holy Savior, Jesus Christ, you are the true Light that shined on the people of Armenia through the preaching of St. Gregory. Remove from my life the darkness of despair, sadness and sin; and replace them with the joy of your radiant love. For you are the Light of my salvation. Blessing and glory to you now and always and forever. Amen.