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## AFTER THE MEAL

*The leader says:*

No one lives on bread alone.

*All respond:*

But on every work that comes from the mouth of God.

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CATHOLIC HOUSEHOLD BLESSINGS AND PRAYERS

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## AT TABLE DURING THE WEEKDAYS OF LENT

*Begin after a short silence. The leader alternates with the others who are present.*

V. I was hungry.

R. And you gave me food.

V. I was thirsty.

R. And you gave me drink.

V. I was a stranger.

R. And you welcomed me.

V. I was naked.

R. And you clothed me.

V. I was ill.

R. And you comforted me.

V. I was in jail.

R. And you came to see me.

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At Table during the Weekdays of Lent

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*The leader prays:*

Lord, Jesus Christ,  
May our Lenten fasting turn us  
toward all our brothers and sisters who are in need.  
Bless this table, our good food, and ourselves.  
Send us through Lent with good cheer,  
and bring us to the fullness of your Passover.  
R/. Amen

*Another form of lenten prayer begins with the sign of the cross.*

In the name of the Father, and of the Son,  
And of the Holy Spirit. Amen.

*Someone at the table reads one of the following Scriptures or the text assigned to the liturgy of the day.*

**A** Listen to the words of the apostle Paul to the Romans.  
(Romans 12:1-12)

Or:

**B** Listen to the words of the prophet Isaiah.  
(Isaiah 1:16-17)

Or:

**C** Listen to the words of the apostle Paul to the  
Corinthians.  
(2 Corinthians 6:2, 4-5, 8-10)

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CATHOLIC HOUSEHOLD BLESSINGS AND PRAYERS

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*The reader concludes:*

The Word of the Lord.

*All respond:*

Thanks be to God.

*The leader invites:*

Lift up your hearts.

*All respond:*

We lift them up to the Lord.

*Then the leader prays:*

We thank you, O Lord,  
who give us this food to eat.  
We pray that you may also provide food  
for those who are hungry  
and gather us all together  
at the table of your heavenly kingdom.

We ask this through Christ our Lord.  
R/. Amen

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At Table during the Weekdays of Lent