



FOOD

Small Group Worship

Leader prays the collect: O God, who by the abundance of your Son all Creation is nourished and satisfied: Grant us, we pray, a holy hunger to be filled with your good things, and food for the leanness of our souls; through the bread of eternal life, Jesus Christ our Lord. **Amen.**

Magnificat

Read antiphonally by half verse.

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior; *

for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: *

**the Almighty has done great things for me,
and holy is his Name.**

He has mercy on those who fear him *

in every generation.

He has shown the strength of his arm, *

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *

and has lifted up the lowly.

He has filled the hungry with good things, *

and the rich he has sent away empty.

He has come to the help of his servant Israel, *

for he has remembered his promise of mercy,

The promise he made to our fathers, *

to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit: *

as it was in the beginning, is now, and will be for ever. Amen.

Leader: Without silence, words have no meaning. Listen to this poem about food.

[Here we suggest reading from "Love (III)" by George Herbert.]

In the silence that follows, let God feed you. *[Silence for two minutes.]*

Prayers of the Gathered Community:

Leader: Even as we gather together, well fed and cared for, there are those who are hungry in body and soul. Pray for all those who hunger, either silently, or aloud.

We give God thanks for providing us with the sustenance we need. Give thanks for the ways in which you are fed by God.

Blessed are you, O Lord God, Ruler of the Universe, for you give us food to sustain our lives and make our hearts glad; through Jesus Christ our Lord. **Amen.**

Now let us pray the words that Jesus taught us:

Our Father in heaven,

hallowed be your Name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those

who sin against us.

Save us from the time of trial,

and deliver us from evil.

For the kingdom, the power,

and the glory are yours,

now and for ever. Amen.

Leader: Let us bless the Lord.

People: Thanks be to God.

Leader: May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.**