

The Faith at Home: Blessing of the Table

Family / Parenting

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The Blessing of the table is an ancient custom among Christians; and before, between our older brothers, the Jews. In the Gospel narratives can be seen as the own Jesus our Lord, did. Not only in the Last Supper, but that, for example, before of the multiplying of the loaves, blesses the Father, pronounces the blessing of gratitude... So do the disciples, as can be seen in the book of the Acts of the Apostles and others in the New Testament.

What does it mean to bless something or someone?

Blessing, bless, is a Latin term root that means to say well, say something good about something or someone; wish you a good (as curse is to wish you an evil, load on him a bad word and the evil desire that entails. Also the Greek language, on which was written the New Testament has a word that means the same thing: EU-logein

Sacred Scripture is the joy at the blessings of God and calls very often to bless his turn to the author of all our good: "Bless the Lord his angels all, bless him, sons of men: all be that encourages bless the Lord...", says the Cantic of the three young men.

One of the Letters of Saint Paul begins with this explosion of joy: "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens, in Christ; as he chose us in him before the foundation of the world, to be holy and without blemish in his presence by love" (Ep. to the Ephesians, chap. 1)

In reality it is God who blesses us with his love. As the Catechism of the Catholic Church: 'bless is a divine action that gives life and whose source is the Father. His blessing is at the same time Word and don ("bene-dictio", "EU-lodge")... From the beginning and until the consummation of the times, the entire work of God is blessing.

Every blessing praises God and prays for his gifts. In Christ, Christians are blessed by God the Father "with every spiritual blessing" (Eph 1,3). That is why the Church gives the blessing by invoking the name of Jesus, usually while making the holy sign of the cross of Christ" (Catechism of the Catholic Church, n. 1671).

The Blessing of the Table or the food

The blessing of the table is a thanksgiving and a simple request, that follows the trail of the Our Father, the prayer that Jesus taught us, where we ask: 'Dearly today our daily bread', thus recalling the provenance of these and of all property - come from God - that delight us and they feed us, and that are completely necessary for the man.

Recalling that come from God and are for all, encourages us to make our part everything we can to ensure that no one is missing, starting with the personal restraint in its use; restraint that should be sincere and cheerful and that is a sign that we do not put in the accumulation and enjoyment of such consumables the key to our happiness.

There are some formulas of blessing very rich in content, other very simple ('Benedictus benedicat': 'that the Blessed bless us', for example) or even a child both ('The Child Jesus who was born in Bethlehem bless these foods and we also'). ... all can help, depending on the circumstances and the custom of the family concerned... although perhaps would have to forego the that have a tone too facetious or incompatible with the idea of prayer.

The same can be said about who is in the house make the blessing. In many families it is customary to do so the mother, which perhaps is the one that has prepared and to which all look waiting (and thanking) that take care of all of that so wonderful. Or the father as head of the family. There is no shortage of homes in that willingly asks the smaller than direct the blessing as a sign of respect and affection for the children that

Jesus taught; or that make per shift children... What is important in any case is that it is a familiar prayer, a detail that brightens the Christian character of that household.

Some practical suggestions

Is prevalent today that the members of the family to eat at different times or in different sites, or to the dinner being little more than a matter that each one is shipped by your account... but there is always some special meals; perhaps the Sunday, or the food at the home of the grandmother... You can give it a special value precisely with the blessing.

It is also a good thing to teach bless even when one eats only. In this way it acquires the habit of living in the presence of God with simplicity throughout the day, and not only, for example, in the temple

There are those who, to promote the custom among the smaller, writes on a piece of paper the formula, of a more or less artistic, and puts it into a magnet of the fridge, you can read it in a clear voice that you tap that day...

We enclose some formulas. The first is that shown in the blessings of the Church. That enjoy it.

Formulas for the blessing of the Bureau

Blessing

V. bless us, Lord, and blesses these foods that by your goodness we are going to take.

R. Amen.

V. The King of eternal glory make us partakers of the heavenly table.

R. Amen.

Thanksgiving

V. We thank you for all your benefits, Almighty God, who live and reign for ever and ever.

R. Amen.

V. The Lord give us his peace.

R. and eternal life. Amen.

There are many other formulas. Attached are some, both of blessing before eating as of thanksgiving to the finish.

Blessing to the START:

1. In the name of the Father...

Bless us, Lord bless this food we are going to take to keep us in your holy service. Amen.

2. Bless us, Lord, and blesses our food. Bless also to those who have prepared, and gives bread to those who do not.

3. Bless, Lord, to those who today we eat this bread bless all who did and do that together we eat in the heavenly table.

4. Because I das eating, many thanks, Mr. I know that there are many men who today will not eat... Damage to all the bread every day.

Thanksgiving at the end of:

1. We thank you, Lord, for the food that you have given us; let him we serve always for our good.

2. Thank you for all your gifts. That the King of eternal glory make us partakers of the heavenly table. Amen.

3. Thank you, Lord, because, again, we have been able to eat with the gifts that you generously give us. Lord, that there will be no more hunger in the world.

4. Thank you, Lord, this joy of the Bureau: the food and the company of the mine. Always blesses this family and to those who have no homes or bread.