PRAYER BEFORE MEALS

Higher Power,

Thank you for being with us in this moment.

As we come to this snack/meal, help us to remember that this food is for our healing, and that it has been provided in love and service for our wellbeing.

Please give us the grace to eat this food, one mouthful at a time, and relieve us of any mental obsession that could block us from receiving it.

Please bless this food, that we may be nourished in body, mind, and spirit, and provide for the needs of others suffering from eating disorders.