

# Table Prayer

## Acting, Speaking & Listening

Leader:

Let us pray in gratitude for the ways we used our bodies, our voices and our ears to do some good for another person today.

Invite each person at the table to share one way they acted, spoke or listened in order to help another person today.

Leader:

Saint Paul told us that we are the body of Christ. Our good actions, words and listening have made Jesus' presence clearer to others today. Let us use the energy we receive from this food to continue the good work of Christ tomorrow. Amen.

