



MAUNDY THURSDAY: PRAYER IN LIGHT OF LOVE & LUTHER'S TABLE PRAYER

Prayer in light of Love

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments."

—Matthew 22:37-40

Take time to reflect on the above passage. Ask yourself the following questions: What loving God looks like for me today? What does loving my neighbor looks like for me today? What does loving myself look like for me today? Then, when you feel like you've answered those questions, pray about them.

Table Prayer

In Luther's Small Catechism he describes prayer at meals as follows: The children and the members of the household are to come devoutly to the table, fold their hands, and recite:

"The eyes of all wait upon you, O Lord, and you give them their food in due season. You open your hand and satisfy the desire of every living creature."

Then they are to recite the Lord's Prayer and the following prayer:

"Lord God, heavenly Father, bless us and these your gifts, which we receive from your bountiful goodness, through Jesus Christ our Lord. Amen."

Similarly, after eating they should in the same manner fold their hands and recite devoutly:

"Give thanks to the Lord, for the Lord is good, for God's mercy endures forever. God provides food for the cattle and for the young ravens when they cry. God is not impressed by the might of a horse, and has no pleasure in the speed of a runner, but finds pleasure in those who fear the Lord, in those who await God's steadfast love."

Then recite the Lord's Prayer and the following prayer:

"We give thanks to you, Lord God our Father, through Jesus Christ our Lord for all your benefits, you who live and reign forever. Amen."

Try to do some version of this table blessing at meals today.