



## PRAYER BEFORE MEAL TIMES

Lord, we thank you for the meal that we are about to eat, as we stand in solidarity with those who struggle to feed themselves and their families. Bless this food. May it nourish us and help us to work for a better world - a world where the beautiful abundance you provide for us is shared equally among all our brothers and sisters.

This we ask through Christ our Lord. Amen.



## THE PROGRESSIO PRAYER

Creator God, you have given all peoples one common origin, and your will is to gather them as one human family in yourself. Fill the hearts of all people with the fire of love and the desire to ensure justice for all their sisters and brothers. By sharing the good things you give using creation, may we secure justice and equality for every human being, an end to all division and a society built on love and peace.

This we ask through Christ our Lord. Amen.



## PRAYER FOR ZIMBABWE

Loving Father, we pray for our brothers and sisters in Zimbabwe, and ask that you comfort those who despair and fill their hearts with hope. Bless the farmers, may their work help to feed those who lack food and build a more sustainable future where all have access to a healthy and nutritious diet.

Give courage to those that work for justice and equality. May their call be heard, and let men, women and children all be viewed as equals. We ask that, through the power of your love, the lives of those in Zimbabwe may be filled with dignity and peace.

Amen.