

## Resources for use in teaching children and youth about the Great Commandment and Great Commission ministry of our synod.

Each section begins with a short prayer that captures the theme

Next would be the story/ skit

Bible verses

Discussion questions

An activity as a suggestion in some cases

Song

A closing prayer

There is a separate section for younger children and youth under each theme

### **JESUS, FIRST, LAST, AND ALWAYS, Session 1**

Prayer

Jesus we are glad that you are always with us wherever we go. You are with people all around the world, even people who don't know you yet. We invite you to be with us now. Amen.

During our whole lives we grow. Flowers and animals grow, our friends grow and our parents grow older too. Things change all the time. Sometimes the changes are ones we like, and other times they make us sad. There are times we make changes ourselves, like when we go off to college, at other times things happen to us. Our best friends may move, our pets and people we love die. Some changes are predictable like when someone becomes old enough to start driving a car, or when a new president gets elected. Other changes happen with little or no warning like winning a competition or the attacks on September 11<sup>th</sup> 2001. Our heroes come and go; famous people in music, movies, sports or politics. Even our pastors come and go. The changing, uncertain world in which we live is exciting. It can also produce anxiety and fear.

Have you read the book: *Oh, the places you'll go!* by Dr. Seuss - The guy with the yellow 'pajamas'? and hat is meant to be "you" who heads off on the journey of life. Filled with brains in your head and feet in your shoes you are on your own and you will decide where to go. Some of those places are a lot of fun, some are challenging, others are lonely and then some are terrifying. (If possible read some sections of the book and show the pictures)

In the book, the guy in yellow just keeps on going. But in real life being brainy and footsy is not always enough. We need help and guidance. We need guiding principles and Jesus who is the **Way**, the **Truth** and the **Life**. Those who have grown up knowing Jesus have many guiding principles already. We have some idea about what is important in life and what matters before God. We know about Jesus and his life; what he taught, who he healed and what he did.

However it is easy to forget. What we hear and say on Sunday morning might be forgotten by Monday morning at school. The things we say we value may suddenly fly out the window when we are at the mall, or with our friends. When we are stressed out over something we don't always think to call on Jesus. When our friends let us down we don't remember what a friend we have in Jesus.

Read Bible verses John 1:1-5 (6-18) and Matthew 28:19-20 and John 14:6-7a

Jesus was with God from the beginning and will be with us till the end of the age. Imagine all the people Jesus has known and loved. Jesus has seen the changes throughout the centuries and has been present in every place in the whole world. To think that this same Jesus cares about us personally! This is the one who can help us in every situation. We can have a relationship with Jesus no matter where we are, any time of day or night. Jesus always answers our call. God is

caring for the world 24 hours a day. We know God through Jesus. It is because of Jesus that we can be close to God.

### **Younger children**

Discussion questions:

Have you ever prayed to Jesus when you are not at church or with your family? What happened, and what did you pray about? How did God answer your prayer?

What do you imagine it would be like for those people who don't know Jesus? When do you talk with others about Jesus?

Activity:

Draw a picture of yourself with a yellow hat on. Now draw a place around you where you would want Jesus to be. It might be a place where you feel scared or lonely or sad. Maybe it is a happy place you want to share with Jesus.

Song: '*Jesus loves me*,' ELW 595

Prayer

Dear Jesus thank you for being with us all the time and in every place. Your love is the best. Help me to remember that you care about us and the whole world, and that we never need to be afraid of being alone. Amen.

### **Youth**

Discussion questions:

Where do you feel that you belong in this mobile society? Who do you think will be like your family, and what will be your community, once you move away from home? Do you know what the bible says about Jesus, who he is and what he does and how he loves you? Does he play a significant role in your life? When do you call upon Jesus? In hard times? On Sundays? When you are really happy or grateful?

Have you ever shared your faith in Jesus with someone who doesn't know him? Do you remember what you said and how the other person responded? Can you think of someone right now who needs to hear about the love and guidance of Jesus?

Activity:

Draw your version of Dr. Seuss' book on a few pages. Include places and relationships you expect to encounter in the next two years, for instance when meeting new friends, driving, exams, finding/starting college, dating, or your relationship with your parents...  
Now insert the places where you would call upon Jesus.

Song (If you can find it): "*You are my all in all*," by Dennis Jernigan,  
or "*What a Friend we have in Jesus*," ELW # 742

Prayer

Dearest Jesus, how quickly we forget how much you love us! Your love matters more than any one else's. You never let us down, and you are with us even when we can hardly believe you would want to be. We can't keep up with ourselves, our lives are so busy. But there you are right by our side. Thank you. We need you more than we know. Help us to see when others need to be introduced to you, even when we feel shy about doing it. Give us courage and faith, and the desire to be your follower, Jesus, not just your admirer. Amen.

## **GRATITUDE, GRATITUDE, Session 2**

### Prayer

God, creator of all that exists, you give us so much. Life is a gift, and all the things around us are gifts for us to see and enjoy. Thank you. Especially thanks for loving us. Amen.

How gratitude grows in us throughout our lives:

As a baby, when we want something we cry. Waaah! Then when we are happy we coo and gurgle and smile.

Once we learn to talk our parents teach us to be polite: we learn to say please and thank you. But what do those words mean and why do we say them? What does 'please' mean? It is like saying 'can I' or 'may I' so that we are asking not demanding? We are giving the other person a choice and showing respect. When we say 'please' it means that we acknowledge the other person and that we are in a relationship with them.

What does 'thank you' mean? Why do we say it? "Thank you" recognizes that someone made the effort to be good to us and perhaps even cared about us. That person freely chose to do it. Saying thank you connects us with the other person and expresses our gratitude.

As we grow older we ask our parents for things and we sometimes appreciate what they give us/do for us. Often we take our parents for granted as if they should do all sorts of things for us just because they are our parents. We don't see them as regular people who have made a commitment to care for us. They help us and love us every day of our lives even when we don't deserve it or necessarily treat them that well. When we leave home and then have our own families we start appreciating our own parents for who they are, not just for what they have done for us or given us. We have gratitude for the lives they lived and for how they did their best, and helped us to become who we are.

Does this apply to our relationship with God as well? When we are young our prayers are mainly saying please God, help me God and thank you God. As we grow in our faith we move from please and thank you to actually appreciating who God is and that Jesus has been a real presence in our lives. We become grateful that Jesus has always been there for us. We just want to sit with him and listen to what Jesus has to say.

God is loving, forgiving and cares about justice for the poor. Jesus guides us, and gives his life out of love for us. He heals the sick. But most of all God wants to love us and be with us, and wants us to love God too. Jesus does so much for us that we can't even see, but mostly he wants us to follow him and to tell others about him who don't know his love. For this we give thanks with a grateful heart.

Bible verse 1Thessalonians 5:16 and Revelation 7:11-12

### **Younger children**

Discussion questions:

Name lots of things and people that you are grateful to God for.

Do you say thanks to God sometimes? How do you think God feels when you say thanks? Do you think it might be hard to be God when people don't talk to God, when 'he' just wants to be loved and thanked?

Activity:

Write a thank you note to God.

Song: "Give thanks with a grateful heart," by Henry Smith in song book "Worship and Praise" and "Hallelujah! We sing your praises," ELW 535

Prayer:

God we do love you, and we are so thankful that you have given us life and that you take care of us even when we don't know it. Help us to see the wonderful things you do.

When we want or need something we will say please to you because we want to show you respect and remember that every thing you do is because you love us. Forgive us when we demand things and get angry because we can't have everything our way. Help us to be grateful for what we do have, and to receive and enjoy those things and those people fully. Amen

### **Youth**

Questions:

How does it affect our relationship with others if we say thank you or if we don't? How does it affect us to say it? How does being grateful change the way you live? If you think that life "owes you" success, how do you live?

Have you ever seen people who have a really difficult life, and yet laugh and express joy? Have you ever given thanks even when you felt unhappy? Who are you most grateful for in your life and why?

Why do you think some people are more grateful than others? Is it taught? Why would people say that those who have gone through "the Depression" or war and didn't have much, are more grateful for what they have, than kids these days? Are we more grateful when we have more?

Activity:

Find and read aloud a psalm which speaks of gratitude. Note how in the psalms gratitude and trust in God is often expressed in the midst of hardship.

Write a thank you note to God.

Song: "*Give thanks with a grateful heart,*" by Henry Smith in song book "Worship and Praise" and "*Hallelujah! We sing your praises,*" ELW 535

Prayer:

Gracious and loving God, you are truly an awesome God. We can't even begin to imagine all that you do, not only for us but for every single person in this world. You not only created all that exists but you sustain and watch over every living creature. Thank you for life; for all that we have and for all that we are. Help us to never take you for granted and to appreciate life especially when times are tough. Amen.

### **NO FEAR! TRANSFORMATION: Sesssion 3**

Prayer:

God you created this wonderful world and trusted us to care for it with you. We are not doing the best job. Change our hearts and transform our lives so that we might live in a way that will continue your good work, and create peace and beauty. Amen.

Our yearning to be greater and better and more powerful than we are has always existed. Like Adam and Eve we want to know more and be like God. Like those who built the tower of Babel we want to reach great heights. We have always been fascinated by those who have transformed before our very eyes, especially those who become larger than life:

--the story of the ugly duckling who became a beautiful swan,

--Cinderella who became a princess,

--Popeye, Batman, Superman, and Spiderman who become strong superheroes who can overcome anyone and destroy the bad guys,

--Pretty Woman is transformed from a lower life to a gorgeous classy woman, and

--Hannah Montana changes in and out of being an ordinary teenage girl called Miley to a rock star whose concerts are sold out and barely affordable in real life.

Kids play pretend. The boys get stronger and with guns and other weapons have extra power and the girls become more beautiful as princesses (Garrison Keillor has it right where the women are strong, the men are good looking and well...the children are above average)! No wonder Halloween is so popular even with adults who sometimes like to dress up to be someone they are not. As a society we want to see extreme makeovers; whether of a person or a house that is dramatically transformed.

Bible verse Matthew 18:1-5 and Romans 12:2 and Revelation 21:5, Joshua 1:9

By the power of the Holy Spirit Jesus can make us new. He cleanses us from sin and empowers us to live a life that is different to the way we have lived, even though we are the same person. Jesus can help us to be more loving and kind, patient and forgiving. He can help us to care about others, instead of being anxious about our own lives. Our minds can be renewed and our attitudes too.

#### **Young Children:**

Princess Fiona in Shrek – here is a different transformation, from a beautiful princess in the world's eyes to being an ogre, beautiful in Shrek's eyes whom she loves.

Talk about the meaning of change and transformation. What do you think about the transformation of Princes Fiona? Do you think we can be transformed because of someone else's love? What about Jesus' love? How would you like to be transformed? Do you think the ways you would like to change would be ones that Jesus would like? – explain.

Activity:

Draw a picture of a caterpillar and next to it the picture of a butterfly. Find a book/some pictures off the internet that explains the process of metamorphosis. Talk about the caterpillar and how its transformation occurs in the chrysalis without us being able to see it, and yet the changes are visible and beautiful once the butterfly emerges. Can this happen to us? Who can change us so that we seem completely different and beautiful?

Song: *Change my heart, O God*, ELW #801 or *“Be bold, be strong”* by Morris Chapman, Worship and Praise #15

Prayer:

God you have created us just right. Thanks. Yet there are times when we wander away from you and don't listen to you. We don't even want to be the kind of people you created us to be. That is

when we know we need to change and be transformed by your power. Help us to open ourselves up to you, and let you into our lives so that we are the most beautiful creatures we can be. Amen.

**Youth:**

Discussion

Have you ever seen someone transform in real life? Sometimes people transform noticeably because they have received Jesus into their lives: some give up drugs, drink, or choose different friends. Have you ever noticed a change of some kind in yourself after you have prayed? How do you think we should all be transformed through Christ?.

Activity:

Bring along pictures of the metamorphosis of a caterpillar into a butterfly. What stages of life does a caterpillar go through in becoming a butterfly? Is it the same critter all along, even though it "transforms itself" into different shapes? Is it natural to undergo transformation?

What kind of conditions would it take for you to be transformed? Hint: Some people go "on retreat" to hide away and pray for change in their lives.

Song: "*Change my heart, O God,*" ELW #801

"*Be bold, be strong,*" by Morris Chapman Worship and Praise #15

Prayer:

God you have created us just right. Thanks. Yet there are times when we wander away from you and don't listen to you. We don't even want to be the kind of people you created us to be. That is when we know we need to change and be transformed by your power. Help us to open ourselves up to you, and let you into our lives so that we are the most beautiful creatures we can be. Amen.

## **MIRACLES OF HOPE: Session 4**

### **Younger children:**

Book called "The Carrot Seed" by Ruth Krauss.

A little boy planted a carrot seed. His mother, his father and his brother said that it wouldn't come up. But every day the little boy pulled up the weeds around the seed and sprinkled the ground with water. But nothing came up. Everyone kept on saying that it wouldn't come up. But the boy continued to care for the seed. And then, one day, a carrot came up, just as the little boy had known it would.

What does it mean to hope? Can we hope for something even when other people say something is impossible? Jesus tells us in the bible that with God nothing is impossible. (See Luke 1:37). What do you hope for? What do you think people who are sick, poor, or in a place that is not safe (like in Iraq) hope for?

### **Activity:**

Ask the group to name stories of hope in the bible. There are many stories of healing, especially of people who approached Jesus for healing. There are also stories where God is hopeful that people will listen, obey, repent or share. People in the bible risk their lives in the hope that the good news of Jesus will be shared around the world.

Song: "*Shout to the Lord,*" ELW #821

### **Prayer:**

Loving God you have sown the seeds of faith in my heart. Even though others can't see my faith growing inside of me I hope that one day the faith you gave me will bear fruit, or even vegetables! Then others will know by these fruits that you are at work in me, and that you can do anything. Amen.

### **Youth**

Sometimes, if we are open to it, our deepest pain can be transformed into our greatest strength, and our mission and purpose.

### **The story of Howard:**

Howard's father was a delivery driver, who while on a delivery, fell on a sheet of ice and broke his ankle. As a result he lost his job and the family's health care benefits. Howard watched as his parents argued over their finances and his father's breakdown under stress. Howard vowed to do things differently some day. He dreamt of building a company that treated its employees well and provided health care benefits.

Howard's competitive spirit in football earned him a college scholarship. After a brief time working with Xerox he got involved selling coffee filters, where he encountered Starbucks Coffee. He actively campaigned to join the company, becoming its director of operations and marketing. On a buying trip to Italy, he noticed the unique community experience that Milanese espresso bars played in their customer's daily lives. He dreamed of creating a similar sense of community in the US using coffee as the vehicle.

Eventually Howard Schultz acquired Starbucks from its founders and built the company into a huge success. By paying more than minimum wage, offering benefits including access to health benefits for employees working as few as twenty hours a week, and granting stock options to all its workers, Starbucks offers what Howard's father never received.

Schultz's story is an example of someone who traces his success and vision directly to his life story.

Questions:

Think about your life story and how it has contributed to your character and what you value.  
How does your life story contribute to your vision and hopes for the world?  
How does your vision fit with what God wants for the world?  
Is our faith too tame? Are we getting in the way of miracles that Jesus yearns to perform through us? What do you mean when you say 'with God anything is possible'?

Activity:

Make a 1, 3, 5 and 10 year plan for yourself that fits with your vision and hopes for the world. Write one sentence for each. Include 3 things you will need to do in order to meet your goals. In each one, how do you think you will need God's help?

Song: "O Christ the Same," ELW #760

Prayer:

O God in whom we place our trust. With you anything is possible, and this is your world. Since you have given us the gift of faith as well as many other gifts and talents, use us so that we might participate in your purposes. Guide us throughout our lives so that we might make decisions that are wholesome for us and for the world's well-being too. Amen

Pray also from LBW, p. 153 "Lord God, you have called your servants to ventures of which we cannot see the ending...."

## **YES! EVERYBODY COME!: Session 5**

In the season of Epiphany we are reminded that the three wise men came from another country and religious tradition, and yet came to worship and adore baby Jesus. The good news was proclaimed throughout the area far and wide, to both Jews and Gentiles.

We would like to share our faith if we had the courage. We say we want the church to grow and to include everyone. But is that really true? I remember serving a church that grew so fast that one of the members complained because he would look around at the pews and there were so many new faces that he didn't feel like it was the church he knew. We say everyone is welcome but we turn around and stare, or even glare, at some people - for example if there are noisy children who don't sit still, or if someone looks like they are homeless and they are stinky, or if they are the first black person the church has seen in a long time.

I'd like to share two stories:

One was in summer during Vacation Bible School in Hoboken, New Jersey, when I was a pastoral intern.

We did such a good job with publicity in the housing projects by going around and telling the people about VBS and giving out flyers, that we picked up a 100 kids that we did not know by the bus load. Some of the older boys were unruly and disrespectful, and most of the VBS staff wanted to ask the boys to leave after the first day. The pastor said "no" and that he would lead a separate class for these boys. No one argued with that. The pastor had a rough time, and although on the 3rd day one of the boys hit him in the face, he continued. On the 4th day some of the boys got to VBS an hour early having walked across town unable to wait until it started. They knocked on the pastor's office door and not knowing what to do with the boys so early, he gave them the family dog, Beulah, to take for a walk. Sure enough they did so and came back in time for VBS. The next day they arrived early again and the pastor entrusted Beulah into their hands again.

That event has changed my thinking about the church and Jesus forever. We are here for the unlovable, the people that others would reject. Jesus said he came not for the righteous but for sinners. Like us. We too need forgiveness because sometimes we crucify the wrong guy thinking we are doing the right thing.

Discussion of story 1:

### **Younger children:**

Do you think those boys should have been allowed to stay in VBS even if they weren't well behaved? Has anyone ever looked at you in an angry way when you are too noisy? How did you feel? What did you do?

Read Matthew 9:9-13. Why do you think Jesus cared about the sinners? Does Jesus care about the good guys and the bad guys in the world?

### **Youth:**

Do you think that your VBS or Sunday school volunteer staff would consider handling things the way the church did in Hoboken? Do you think it is a great display of Jesus' love, or plain dangerous?

Bible Luke 10:25-37, Discuss the dilemma we have in being taught to be wary of and not to talk with strangers, and yet our faith saying that we should love our neighbor as did the Good Samaritan who helped out a stranger beaten by the roadside.

### **Story 2**

In a church I served recently, a woman had come to the office because she was homeless and in financial need. She had 3 children (although they had been taken from her and placed into foster

homes) and clearly was about to have another baby soon. We helped her and I spent time talking to her, and then encouraged her to come to church where she might have a community of faith and support. Well she did come the church the following Sunday, and she sat at the back of the church. This meant she was one of the first people that I greeted after worship. As usual I introduced her to a few people who were standing in the greeting line in front of her and behind her. To my surprise she stayed next to me after she had shaken hands with those people, and as I greeted everyone coming through the greeting line, she did too. Clearly she didn't know that this was unusual behavior for a visitor, but she was so friendly and hospitable that she felt right at home and over a 150 people ended up welcoming this stranger into the church.

Discussion of story 2:

**Younger children:**

When you walk around in your church do people say "hi!" to you? Do they sometimes forget, because they talk to your mom or dad instead? Do you ever say hello to someone who didn't see you (maybe because you are shorter)? Do you ever notice people who look left out when they are in church? What can you do to help?

Action: Choose a person you know feels left out at school or at church or in your extended family and make a plan for how you might make that person feel welcome.

Song: by Herbert Woolston and George Root

Jesus loves the little children, All the children of the world.  
Red and yellow, black and white, All are precious in His sight,  
Jesus loves the little children of the world.

Prayer:

For food in world where many walk in hunger  
For faith in a world where many walk in fear  
For friends in a world where many walk alone  
We give you humble thanks O Lord. Amen      *The Guide Association*

**Youth:**

The bible verse is Matthew 9:9-13. Who do you think would get a dirty look in your church? Who wouldn't you want to be part of your congregation and why?

Kathleen Norris author wrote that we usually say that "In heaven everyone we love is there." She says that "In heaven we love everyone who's there." What if you get to heaven and someone you have despised is there? Jesus came to offer love to every person. Do you think God can give you this change of heart? If God can give you this change of heart in heaven, can God give it to you on earth as well?

Recall a time when you felt excluded, dismissed, ignored or not even noticed. What feelings came up for you? How did you handle it? Do you remember a time when you went out of your way to make someone feel welcome? Share your story.

Action: Choose a person you know feels left out at school or at church or in your extended family and make a plan for how you might make that person feel welcome.

Song: "All are welcome," ELW #641

Prayer:

Most merciful Father, you have called us to be a caring Church, reflecting in our lives your infinite care for us your children. Help us to fulfill our calling and to care for one another in an unselfish fellowship of love; and to care for the world around us in sharing with it the good news of your love and serving those who suffer from poverty, hunger, and disease. We ask it in the name of Christ our Lord. Amen. (*Michael Ramsey*)

## **COME LORD JESUS: Session 6**

Skit:

*James comes to his youth group with a pressing question. The other kids ask him where he was last Sunday, since they missed him. He addresses the leader and the group.*

James: Well last Sunday my family went on a trip to see our cousins and I ended up going to a totally different church. It was called a non-denominational church.

Madison: How was it?

James: Well the music was really cool. They had a band and they were really good. Then I went to the youth group with my cousin. It was great to be with so many other kids, but I was a freaked out by what they talked about. They talked about the end of the world and how the Bible says all sorts of terrifying things are going to happen.

Sarah: That's like in those Left Behind books where they say that all those who believe in Jesus are going to go to heaven and everyone else will be left behind.

Sam: My LDS friend has food and supplies in his basement ready for the end times.

Leader: Sounds scary doesn't it. Mostly these beliefs come from the book of Revelation. This is the most widely read and misread book in the bible. Most people focus on the terrifying battles and the scary images like the dragon and the beast. But they don't know that all these creatures are symbolic. They were like code words that people understood in those days based on the Hebrew scriptures. Christians were being killed for their faith and so they had to use numbers and images as code. The main message is that God always triumphs through Jesus Christ. It was written to encourage people to keep their faith in Jesus even though it was dangerous.

James: I guess we don't have a clue what it would be like to have our faith be dangerous. My parents tell me that I should believe in Jesus and they would be upset if I didn't.

Sarah: So why do people want to read it these days? We don't get killed for our faith today. We are free to believe what we want to believe.

Sam: In this country anyway.

Leader: There are so many things to be afraid of these days; war, global warming, AIDS, health insurance costs, poverty. You name it. The book of Revelation is a good book in that it tells us that there will be a time where love and justice will reign. This is God's world no matter what we do to destroy it. God triumphs through Christ. God is powerful, and the Spirit of God working in our lives can be powerful too. It is meant to be a book of comfort for all times.

James: So the book of Revelation isn't just talking about what will happen in the future?

Leader: No. The purpose of apocalyptic literature, which is a Greek word that means "unveiling" or revealing the truth that always exists. The clash between good and evil has always existed. But in the end the love of God in Christ always wins. That was true even when the book was written otherwise the Christian faith wouldn't exist now, all over the world.

James: So next time we hear anyone talk about this stuff, what should we say?

Madison: How about just saying that you know that no-one knows when these things are going to happen or how. We can say that all we can really know is that God is just and loving, and that God is always working through Jesus.

Leader: Yeah, and that the kingdom of God, will come just as we ask in the Lord's Prayer. Even now. That's why we say "Come Lord Jesus be our guest" when we pray the table grace. We aren't just expecting Jesus to come to us once we are taken up into heaven, or Left Behind. Ha! Just kidding.

**Younger children:**

Discussion: In church we often say "Come Lord Jesus". This is because Jesus can come to us in many ways. He can come into our hearts now, he can come to us through the bread and wine in Holy Communion, he can come to us in the world when we pray and look around to see what he is doing, and he will come to us in the future in this life and the next. We are always waiting for Jesus to come. Are you? What are you hoping to see? When you see Jesus face to face what will you want to do? What will you say? What would you like to ask him?

**Youth:**

Discussion questions: What have you heard about the end times and what do you imagine will happen? Are you scared or are you excited? If you were a Christian in Iraq how would that affect your feelings about the book of Revelation?

When someone you know talks to you about the terrible things that are happening in the world, what might your response be as informed by your faith? What do you think God is doing in this world?

What is it about Jesus that stops you from being anxious and brings you comfort? How can we as the church help others to believe that "All shall be well and all manner of things shall be well."

**Younger children and Youth:**

Activity:

Write a paragraph that includes the essential parts of your faith. What really matters to you about God and Jesus and the Holy Spirit in the world and in your life?

Now, divide up into pairs and practice sharing your faith with a friend. Don't expect to feel comfortable doing this – few Lutherans ever are!

Song "*Jesus, Remember Me,*" WOV# 740

Prayer:

God of love, help us to remember  
That Christ has no body now on earth but ours,  
No hands but ours, no feet but ours.  
Ours are the eyes to see the needs of the world.  
Ours are the hands with which to bless everyone now.  
Ours are the feet with which He is to go about doing good. *St. Teresa of Avila*

Come Lord Jesus, be our guest,  
And may our meal by you be blest. Amen *attributed to Martin Luther*