

# LITURGY FOR A MEAL EATEN ALONE

The Season of Lent: Week 4

## OPENING PSALM

I lift my eyes up to the hills, where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth. Ps. 121:1-2

## PRAYER OF THANKSGIVING

Blessed are you, God of everlasting covenant,  
for your promises are steadfast and your provision is sure.  
Through the forty years of your people's desert wanderings  
you were constant in fire and cloud;  
with manna and mercy you sustained every step.  
You made Jesus' temptation of forty days  
a theater of truth where your Word stood stong.  
In every age you have shaped your people  
through times of wilderness and wandering, of temptation and trial,  
and brought them into the land of promise and the life of covenant.  
And though it may seem I am alone in this wilderness,  
through faith, may my voice be joined with the whole Church—  
present and past, with angels and archangels,  
and all the company of heaven, as I join their unending hymn:



Praise God from whom all blessings flow. Praise him, all creatures here be-low. Praise



him a-bove, ye heav'n-ly host. Praise Father, Son, and Ho-ly Ghost. A - men.

## REMEMBERING GOD'S STORY

*Read and meditate on the following passage:*  
**1 Kings 17:1-24**

## PRAYER OF BLESSING

You created us for companionship, O God,  
for the sharing of burdens,  
for the joining of celebrations,  
for the breaking of bread in fellowship,  
and so it is not unnatural  
that we should taste a particular sorrow when eating a meal alone.

Sit with me and linger at this solitary table, O Lord.  
Sit with me as my father. Sit with me as my brother.  
Sit with me as my shepherd. Sit with me as my friend.

In the absence of human companions,  
may I know more fully your presence.  
In this silence where there is no conversation,  
may I more clearly hear your voice.

Use my own momentary loneliness  
to work in me a more effectual sympathy  
for others who are often alone,  
and who long for the companionship  
of their God and of his people.

Let me afterward be more intentional  
in the practice of hospitality.  
Let me sometimes be the reason  
the loneliness of another is relieved.  
Meet me now in my own loneliness, O Lord.  
Meet me in this meal. I receive it as your  
provision for my life in this hour.

## THE LORD'S PRAYER

*Raise your glass and join the Church in praying as Jesus taught us:*  
Our Father, who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread; and forgive us our trespasses,  
as we forgive those who trespass against us;  
And lead us not into temptation but deliver us from evil.  
For thine is the kingdom, the power, and the glory, forever.  
Amen.

## THE MEAL

*Eat recognizing that it is through a meal  
that we have fellowship with God and with each other.*

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Portions of Prayers taken from:

Samuel Wells and Abigail Kocher. *Eucharistic Prayers*.  
Grand Rapids, MI: Wm. B. Eerdmans Publishing Co., 2016.

Douglas Kain McKelvey, "Before a Meal Eaten Alone" in *Every Moment Holy*.  
Nashville, TN: Rabbit Room Press, 2017.