From the *Small Catechism* of Martin Luther.

Begin with:
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 pray the Lord's Prayer.
Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

Finish with:
Lord God, Heavenly Father, bless us and these your gifts, which we receive from your bountiful goodness, through Jesus Christ our Lord, Amen.