

# Thanks Before Meals - Eph. 5:20

by Bernard Fell

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*The sermon emphasizes the importance of giving thanks before meals as a way to cultivate a spirit of gratitude and recognize God's provision in our lives.*

**Scripture:** Psalm 50:10, Psalm 136:1, Matthew 6:26, Ephesians 5:20, 1 Thessalonians 5:18

**Topics:** "Gratitude To God", "Childlike Faith"

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## Description

Bernard Fell emphasizes the importance of giving thanks to God in all circumstances, using a heartwarming story of a child in a hospital ward who reminds the nurse to say grace before meals. He highlights how easily we can forget to express gratitude for God's provision and blessings, urging listeners to cultivate a habit of thankfulness in their daily lives, even in the simplest things like meals. Through the story, he encourages a childlike faith and humility in acknowledging God's ownership of all things and His continuous provision for our needs.

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## Transcript

Giving thanks always for all things

unto God and the Father

in the name of our Lord Jesus Christ.

Ephesians 5:20

'Twas mealtime in the children's ward;

One little patient's name was Fred;

The smiling orderly conveyed

A tray of good things to each bed.

The child sat still with lunch untouched,

So nurse's cheerful voice was heard,

"Come now, my dear, 'tis good to eat

The special food for you prepared".  
Though hungry, yet he tarried still,  
And then was asked the reason why;  
With puckered brow, and troubled look,  
"Nurse, who says grace, do you, or I?"  
Touched by this artless reprimand,  
"We'll say it now", she wisely said,  
And then recalled 'twas long ago  
She thanked the Lord for daily bread.  
How many fail as years increase  
Ere each repast to bow the head;  
If you're remiss, O start today,  
And by a little child be led.  
With scorn some thankless folk declare--  
"I buy my food, I pay my bills!"  
God owns the silver and the gold,  
The cattle on a thousand hills.  
Who gave the springing seed its life,  
The sun and shower to swell the grain?  
Who clothes with flocks the pastures green,  
And satisfies thy mouth again?  
Tis He Who day by day bestows  
To ev'ry living thing its meat;  
He waits to bless, 'tis ours to give  
A word of thanks next time we eat!

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