

St. Ephrem the Syrian

## A Prayer of Thanksgiving After Meals

**T**urn, my brothers, toward praise,  
you who have returned to food.

Since our heart is with the bread,  
let it also be with thanksgiving.

And as drinking is pleasant and sweet,  
my praising thus be cherished.

And as gemstones are delightful,  
even more so are psalms.

Hymn more than sweet savours,  
thanksgiving more than sweet meats!

And rather than bread which is more pleasing than all,  
may that love which gives life to all be desired.

