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.

Amen.