

Karakia mō te Kai

E te Atua

Whakapainga ēnei kai

Hei oranga mō ō mātou tinana

Whangaia hoki mātou wairua,

Ki tetaro o te ora

Ko Ihu Karaiti hoki tō mātou Ariki

Ake Ake Ake

Āmine

O Lord

Bless our food

For the wellbeing for our body

Nourish also our spirits with the bread of life

Jesus Christ our Lord

Amen

This is a Christian prayer for blessing of food.

