

## **From Your very Hand I have been given Food**

17 January 1990, Vassula prays:

From Your very Hand I have been given Food,  
without any merits,  
who am I to have been poured with graces?  
All comes from You.

From Your own Hand I have been given gifts.

I bless You O Lord,  
I will exult and rejoice in Your Love  
and follow You feverishly till the end,  
and even more determined.