



A LITURGY OF THANKSGIVING

1 Chronicles 16:34

Give thanks to the LORD, for he is good;
his mercy endures forever.

Psalm 95:1-3

O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
Let us come into God's presence with thanksgiving;
let us make a joyful noise to God with songs of praise!
For the Lord is a great God, and a great King above all gods.

Psalm 100:4-5

Enter God's gates with thanksgiving,
God's courts with praise.
Give thanks to God, bless God's name;
God is good, and God's mercy endures forever;
God's faithfulness lasts through every generation.

Philippians 4:6-7

Do not worry about anything, but in everything by prayer
and supplication with thanksgiving let your requests
be made known to God. And the peace of God,
which surpasses all understanding, will guard
your hearts and your minds in Christ Jesus.

1 Thessalonians 5:16-18

Rejoice always. Pray without ceasing. In all circumstances
give thanks, for this is the will of God for you in Christ Jesus.

pt.1

pt.2

A Morning/Evening Prayer

pt.2

We give you sincere thanks for the rest of the past night
(for the work of this past day) and for the gift of this new day
(and for this gift of this night), with its opportunities
for loving you, and loving our neighbors (with its chance for rest).
Grant that we may live this day (Grant that we may rest this night)
in the perfect freedom of your service (of your peace),
that with the evening (that with the morning), we may again
give you thanks; through Jesus Christ our Lord.
Amen.

A Prayer of Thanksgiving

pt.3

Almighty God, father of all mercies,
we your servants give you humble thanks
for all your goodness and loving kindness
to us and all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives, by giving up ourselves
to your service, and by walking before you in holiness
and righteousness all our days; through Jesus Christ our lord,
to whom, with you and the holy spirit, be honor and glory
throughout all ages.
Amen.

A General Prayer of Gratitude

Accept, O Lord, our thanks and praise
for all that you have done for us.

We thank you for the splendor of your creation,
for the beauty of this world, for the wonder of life,
and for the mystery of love.

We thank you for the blessing of family and friends,
and for the loving care surrounding us on every side.

We thank you for setting us at tasks which demand
our best efforts, and for leading us to accomplishments
which satisfy and delight us.

And we thank you for those disappointments and failures
that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus;
for the truth of his Word and the example of his life;
for his steadfast obedience, by which he overcame temptation;
for his dying, through which he overcame death;
and for his rising to life again, in which we are raised
to the life of your kingdom.

Grant us the gift of your Spirit, that we may know Christ
and make him known; and through him, at all times
and in all places, we may give you thanks in all things.
Amen.

pt.4

A Meditation of Thanksgiving

pt.5

Begin by finding a place to sit or lie down in a comfortable position.

*With eyes open or closed, start with your immediate surroundings
and reflect silently on anything and everything you can see, hear,
taste, touch, or smell.*

*Either silently or verbally, express gratitude for each specific
item/person that comes to mind.*

*After doing this in your immediate surroundings, expand your mind's
perspective to increasingly larger concentric circles, expressing
gratitude for each specific item/person/thing that comes to mind.*

For example:

- Room > Floor > House > Neighborhood > City > State...
- Office > Floor > Company > City > State > Nation...
- Classroom > School > Campus > City > State...
- Bench > Park > Street > City > State > Nation > World...
- Seat > Sanctuary > City > State > Nation > World...