



'Worship at home' October 9th 2022



We come to worship God, with gratitude for our lives and the blessings we experience. Bring with you a **pen** and **paper** as an aid to prayer. **Light a candle** to remind you of Christ's love and presence, with you always.

Opening

Let us worship God with gratitude in our hearts;

For God is greatly to be praised!

Come and know what the Lord has done;

God provides all our needs and blesses us in love.

God's love is greater than we can ever express;

Let us give thanks for love and life.

Even when times are tough, God is with us;

We praise God with our words, our actions, and our lives.

Thank you!

Many thanks...

I really appreciate it.

**How often in a day do you speak
or hear these words?**

Saying thank you and living with a spirit of gratitude can very powerfully shape us. It has been shown scientifically that being grateful can have a positive impact on ourselves, on others and on the world we live in. People with higher levels of gratitude have more social connections, increased resilience, and a greater sense of wellbeing.



Luke 17:11-19

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers

approached him. Keeping their distance, they called out, saying, "Jesus, Master, have mercy on us!" When he saw them, he said to them, 1

"Go and show yourselves to the priests." And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus

asked, "Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?" Then he said to him, "Get up and go on your way; your faith has made you well."

New International Version

In Jesus' time, people with leprosy were considered unclean, and separated from others. This man's healing restores him to his community, and he returns to express his thanks. The other nine, who also received healing, go on their way and we do not know how they responded. The man who returned receives an extra blessing, a deeper healing, and a new way of being. We are reminded that true gratitude is a reorientation that shapes our lives and transforms who we are as individuals and as a community.

Gratitude is a way of life and we are called to daily reorient our lives with gratitude for what God is doing.

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It is not always easy to find things we are grateful for in our day. Anxieties, uncertainty, struggles, busy-ness, illness or pain sometimes threaten to overwhelm us. It can be so easy for a negative attitude to set in. Intentionally finding things to be thankful for can help us to turn our attitude around. This does not mean we have to be grateful for everything

that's happening in our world. But we it does mean finding something to be grateful for - even in the midst of our challenges ... perhaps *especially* in our challenges.



- Gratitude helps us to redirect our focus from what is going wrong, to what is going right.
- Gratitude enables us to notice what we have instead of what we lack.
- Gratitude reminds us that good things are not just a result of what we have done, and that we are not entitled to them. Instead, we see them as gifts and blessings, and we are able to recognise God's abundance in our lives.
- Gratitude changes our perspective as we come to notice the good things which surrounds us every day.

If the only prayer
you said in your
whole life was,
"thank you,"
that would suffice.

Meister Eckhart

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*When upon life's billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.*

*Count your blessings, name them one by one;
Count your blessings, see what God hath done;
Count your blessings, name them one by one;
Count your many blessings, see what God hath done.*

Johnson Oatman (1897) Public Domain

Prayer

Loving and gracious God, we thank you and give you praise for who you are and what you have done, in our lives, and in our world. You give us all good things, even in the midst of life that can be difficult, uncertain, unfair. In you we find wholeness, acceptance, love and grace.



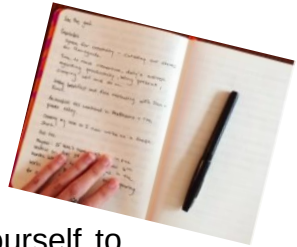
Deepen our faith, Lord, that we may learn to live as you would have us. Give us a spirit of gratitude, that we may learn to have a generous spirit, and seek to share this with others, to give of ourselves. Teach us to count our blessings, that we may continue to walk in faith. We pray in Christ's name. Amen

***Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It turns denial into acceptance, chaos into order,
and confusion to clarity.***

– Melody Beattie

Gratitude can be seen as a Spiritual Practice, drawing you deeper into relationship with God and growing your faith. Gratitude not only has the power to transform us, but also to change the world in which we live.

**On your paper, write down ten things
for which you are thankful today.
Name them out loud
and give thanks for each one.**



Over the next week, you might commit yourself to doing this each day, naming ten things for which you are grateful. You might discover that when you practise finding things to be thankful for, you become more thankful!

Closing from 1 Thessalonians 5

Always be thankful.

Let the words of Christ, in all their richness,
live in your hearts and make you wise.

Use His words to teach and counsel each other.

Sing psalms and hymns and spiritual songs
to God with thankful hearts.

And whatever you do or say,

let it be as a representative of the Lord Jesus,
all the while giving thanks through Him to God the Father.

And may the blessing of God,

the love of Jesus Christ,

and the presence of the Holy Spirit
strengthen and encourage you this week

as you live with an attitude

of gratitude and service. Amen.

