



Create a peaceful space to pause, and allow yourself to feel God's presence alongside you, as near to you as your own breath. In following the reflection below, as a church we will draw closer to God and to one another as we grow in faith and deepen our sense of belonging to God.



Psalm 100 'A Thanksgiving Psalm'

¹⁻² On your feet now – applaud GOD!

Bring a gift of laughter,
sing yourselves into his presence.

³ Know this: GOD is GOD, and GOD, GOD.

He made us; we didn't make him.
We're his people, his well-tended sheep.

⁴ Enter with the password: "Thank you!"
Make yourselves at home, talking praise.

Thank him. Worship him.

⁵ For GOD is sheer beauty,
all-generous in love,
loyal always and ever.

"Thank You!" When you were little were you prompted with the words, "And what do you say?" or at Christmas, "Have you written your thank you letters yet?" Two little words which mean so much. Getting off a bus and saying, "Thank You" to the driver: I always wanted to say thank you to the train driver who took me to far more exciting places but it never seemed possible. Collectively we said, "Thank You" to the NHS staff at the beginning of the pandemic – but for many of us we also thanked the event for enabling us to see and even chat to our neighbours. Not forgetting to say thank you to shop staff too. Thank you means a lot to the recipients.

But saying "Thank You" can also benefit the speaker. Many years ago when my Dad was dying I found it very difficult to pray as the world was very dark but if I thought of something positive to thank God for which had happened that day, even if it was just getting a seat on an overcrowded commuter train, then it opened the door of prayer. It certainly helped me during a difficult time, so if you are going through dark days, I commend it as a way into God's presence. Our reading called "Thank You" the password into being conscious of God's presence in our lives. It can open the door of our mind. God is always there but we need to be aware of him to let him bless us in sorrow and in joy.

And, I dare to say, that us saying "Thank You" to God blesses him too! When Jesus healed the Ten Lepers only one, a Samaritan, returned to thank him and Jesus said, "Was no-one found to return and give praise to God except this foreigner?" (Luke 17:18). Surprise and disappointment for Jesus. Let us not disappoint God but remember to thank him for all his great love to us in sending Jesus to take the punishment for our sins and so enable us to enjoy all the privileges of his much-loved children. May the following words by Alison Revell become our **Prayer of Thanks**.

Prayer:

Thank You, Jesus, thank You, Jesus, Thank You, Lord, for loving me.

You went to Calvary, there You died for me, thank You, Lord, for loving me.

You rose up from the grave, to me new life You gave, thank You, Lord, for loving me.

You're coming back again, and we with You shall reign, thank You, Lord, for loving me.

AMEN.