



THANKSGIVING

PRAYER GUIDE

WELCOME

to the Thanksgiving Prayer Room!

All too often, we do not pause and reflect intentionally enough to fully realise God's goodness to us. Our hope is that here, in the Thanksgiving Prayer Room, you will find the time and space to reflect on the ways God has been good and gracious to you in 2024, and to express your gratitude. It's that simple.

A photograph showing two hands, palms up, holding a bright, glowing cross. The background is a warm, golden light, suggesting a sunset or sunrise. The hands are silhouetted against the light.

GROWING DEEPER. REACHING FURTHER. TOGETHER.

There is a Refreshment Station by the sink. Please be considerate to the next person coming into the room and leave it relatively tidy. The rest of the room is made up of:

A "Worship" corner with a bean bag, Bible and hymn book.

A "Reflection" couch under the window, and

A few "Expression" stations against the wall for journaling, artwork and 'thanksgiving notes or poetry'.

WORSHIP – INTO STILLNESS

Take time to become still and enter into the Lord's presence and into silence by spending time in quiet worship – with music, or simply in prayerfully expressing your worship to the Lord.

REFLECTION – IN STILLNESS

Thanksgiving is a very common Biblical instruction. For example:

- *1 Chronicles 16:34* | Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!
- *Psalms 7:17* | I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High!
- *Psalms 9:1* | I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.
- *Psalms 28:7* | The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.
- *Isaiah 12:1* | You will say in that day: "I will give thanks to you, O Lord, for though you were angry with me, your anger turned away, that you might comfort me.
- *1 Corinthians 15:57* – But thanks be to God, who gives us the victory through our Lord Jesus Christ.
- *2 Thessalonians 2:13* – But we ought always to give thanks to God for you, brothers beloved by the Lord, because God chose you as the first-fruits to be saved, through sanctification by the Spirit and belief in the truth.

The Scriptures suggest many reasons to deliberately give thanks to God. To do so meaningfully it's very helpful to be intentional about reflecting on the past season of our lives.

To help with this process, take time to think back on your life's journey in 2024 and write out as comprehensive a list as possible of all the ways God has enriched your life this year in the following areas. Remember that every good gift comes from God (James 1:17) and God is to be thanked for them all:

- 1 My personal and private experiences of God's presence and love ...
- 2 My experiences of God's presence and love in Church worship or times of ministry ...
- 3 My new and wonderful discoveries about God in Scripture ...
- 4 The family members through whom God has particularly blessed my life – and how they have each blessed me ...
- 5 The friends and other people through whom God has particularly blessed my life – and how they have each blessed me ...
- 6 The ways God has encouraged me and added value to my life through the natural world ...
- 7 The ways God has provided for my physical/material needs ...
- 8 The ways God has poured grace and forgiveness into my life ...
- 9 The spiritual victories over sin which God has brought about in my life ...
- 10 The ways God has grown me and matured me spiritually or personally ...
- 11 The ways God has healed me or my loved ones physically, spiritually, emotionally or relationally ...
- 12 The ways God has guided me ...
- 13 The doors God has opened for me and the new opportunities God has given me ...
- 14 The ways God has strengthened me and comforted me in times of great difficulty or pain ...
- 15 The ways God has turned around even the very difficult and painful situations in my life and used them for my good and for His glory ...
- 16 The ways God has physically and/or spiritually protected me ...
- 17 The ways God has worked supernaturally or miraculously in my experience ...
- 18 The ways God has "spoiled" me by allowing me more than I have needed ...
- 19 Any and every other good thing ... for they all come from God!

EXPRESSING THANKS – AFTER THE STILLNESS

The Bible suggests a number of ways we can express our thanks to God:

- **By singing** (*Nehemiah 12:27; Jeremiah 30:19; Colossians 3:16-17*)
- **By playing a musical instrument** (*Psalms 147:7; 2 Chronicles 5:13*)
- **By praying** (*1 Chronicles 29:10-13; Romans 1:8-10*)
- **By giving offerings** (*Leviticus 7:12-15; Psalm 50:14; Psalm 56:12; 2 Corinthians 9:6-15*)
- **By worshipping God publicly, with His people** (*Psalms 100:2-4; Hebrews 12:28-29*)
- **By testifying/telling of His goodness** (*Psalms 35:28; Psalm 71:15*)
- **By living a holy life** (*Romans 12:1; 1 Corinthians 6:20*)

First reflect on how God may want you to express thanks to Him after this reflection time:

- In thanksgiving offerings
- In public worship
- In telling others of God's goodness/giving a testimony of His goodness in public
- In changing some aspect of your living to become more pleasing to the Lord.

Then spend time right now giving thanks to God in the way that feels most appropriate to you – whether in song, in music, in journaling your reflections, in writing a letter or poem to God, or simply in a spoken prayer. If you sketch an artwork, or write a thank you letter or a poem, please leave it behind (if you are willing to have others witness your thanksgiving).

THANKSGIVING SUNDAY

Sunday 24 November is 'Thanksgiving Sunday' at Walmer Methodist. All four services will be set apart as times to give thanks. Please consider giving thanks in at least one (if not more) of these ways.

Finances: Cash thanksgiving offerings (over and above our normal tithes) should please be placed in an envelope marked "Thanksgiving". If you do an EFT, please print a proof of payment and put it in an envelope marked "Thanksgiving" so that you have something physical to place in the baskets.

Flowers: If you're planning to bring a flower arrangement on Sunday as an expression of thanks, please place it in the Link, or on the front of the platform, or on one of the stands provided when you arrive.

Artworks: If they are small enough, artworks are to be kept with you in the pews until we are invited to bring our offerings forward, please. If your artwork is too large to do this, please also place it on the platform from the start.

Letters/poems: Please write or print these out physically and place them in the basket. You might consider using your journaled list above as a written form of thanksgiving to the Lord. If you're leaving a letter or poem behind in the prayer room, why not take a photo of it and rewrite it for Sunday? These will not be read out publicly or displayed.

THANK YOU FOR BEING HERE!