

## THANK YOU LORD

Three simple words yet how easy it can be sometimes to forget to say them to God amidst the hustle and bustle of life. Sometimes it is easier to say them when things are going well and harder when we are in troubled times yet how wonderful it is to sit and quietly contemplate God's love for us, his Blessings, his Grace and just reflect and thank Him no matter the circumstances. It brings me right into the present moment and helps me focus entirely on His goodness, His mercies and His love. With all the heartache in the world I have turned more and more to thanking Him every single day in quiet contemplation. It has brought me great peace and comfort to know He is with us, He will always love us, guide us and give us strength.

Christmas is nearly upon us and in spite of all the effects of Covid my heart is filled with thanks. Thanks to God for sending His son to us. Thank you Lord for sending Jesus to save us. Despite all the awful things going on in the world God is with us, He will always love us and He is still at work among us. He hears our prayers. Saying thank you with all my heart to our Creator seems the very least I can do. I want to shout "Thank you Lord" from the rooftops for the birth of Jesus, for this wonderful gift from God, our hope and our salvation.

Every day some little things have happened to make me smile and somehow reaffirm my faith. Recently I have thanked God for the antics of a little robin who flies into the utility room on particularly cold mornings. I reassure him - the robin that is - that feeding time will be very soon much to the consternation of my two dogs. He refuses to move though until I actually have the bird seed in my hand and as if still in doubt perches on a branch about two inches away from my face until it's been safely delivered.

Then there is the sheer delight of seeing bulbs already pushing through the soil and the fading petals of a few lingering roses. There have been wonderfully radiant rainbows in the Tyne valley this autumn, phonecalls from friends, a smile or a wave – thank you Lord. There is the dedication of all hospital staff and so many other front line workers – thank you Lord. The lives of refugees, homeless people and all those who care for them – thank you Lord. The start of the roll out of the vaccinations – thank you Lord.

We are surrounded by God's love and somehow in thanking the Lord for His Grace it makes me very contented with all the little things of life; it makes me feel very blessed.

1 Timothy 6 v 6-8

"Of course, there is great gain in godliness combined with contentment; for we brought nothing into the world, so that we can take nothing out of it; but if we have food and clothing, we will be content with these"

The Bible tells us to give thanks in all circumstances

1 Thessalonians 5 : 16-18

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you"

Remember the ten lepers who were made clean by Jesus as he travelled between Samaria and Galilee. Only one of them turned back praising God with a loud voice

Luke 17 16 – 19

“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”

May we all find a few quiet times of reflection amongst the wonderful joy and laughter of Christmas. Let’s push aside the sparkly tinsel, exciting new presents , boxes of delicious chocolates and put the TV off just for some precious quiet moments to thank the Lord for His loving kindness.

Even in these difficult Covid times may we give thanks like the Samaritan and the prophet Habakkuk

Habakkuk 3 v 17-19

“ Though the fig tree does not blossom, and no fruit is on the vines ;though the produce of the olive fails and the fields yield no food ; though the flock is cut off from the fold and there is no herd in the stalls, yet will I rejoice in the lord; I will exult in the god of my salvation. God, the Lord is my strength; he makes my feet like the feet of a deer, he makes me tread upon the heights”

When David was hiding from Saul in a cave in very frightening circumstances he prays to God for mercy and gives thanks to God

Psalms 57 v 5 and 11

“ Be exalted , O God, above the heavens. Let your glory be all over the earth”

Ecclesiastes 7 v 10

“Do not say, “Why were the former days better than these ? “ For it is not from wisdom that you ask this”

Instead let us always thank the Lord with joy in our heart no matter how difficult things maybe

Psalms 100 v4-5

“ Enter his gates with thanksgiving , and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations”

Psalms 95 v 1-3

“O Come, let us sing for joy to the Lord; let us shout joyfully to the rock of our salvation. Let us come into his presence with thanksgiving ; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods “

You may like to listen to two songs on You Tube by Don Moen

Thank you Lord and Give Thanks

Two prayers you may find helpful

In the Busyness of Life

David Adam

Lord, in the busyness of life

Keep me close to you.

Grant me a sense of wonder,

An attitude of reverence,

A deep feeling of awe,

An awareness of your presence.

Enfold me in your peace:

Encompass me with your protection

Lord, give me the sense to seek you,

The stillness to make room for you,

The sensitivity to be aware of you,

A mind that is receptive to you,

A heart that burns with love for you .

Strengthen my relationship with you

That I may rejoice in you all this day.

Evening

Iona Prayer Book

I sit down Lord,

To watch television,

To write a letter,

To mend clothes,

To rest my feet,

To listen to music,

To read a paper,

To shut my eyes and forget.

You sit down Lord,

To wait for me

To be ready for you.

Help me, among other things

For which I sit,

To remember you

Waiting for me.

Happy Christmas to you all

Thank You Lord