

## Prayer of Thanksgiving

Part of this prayer is adapted from Tim Keller's adaption of the prayers in Matthew Henry's book *A Method for Prayer*.

Heavenly Father,

Thank you for the ways you give and sustain our physical life.

- For making us in your image, capable of knowing, loving, serving, enjoying you and other relationships;
- For preserving our lives so far - bringing us through the difficulties we've faced;
- For the blessings that bring joy and comfort to our lives;
- For the success and accomplishments you've helped us attain.

Thank you for the ways you give and sustain our spiritual life.

- For your plan of salvation;
- For Jesus coming to rescue us, and for his teaching and character that reveal your holiness;
- For his death on our behalf, restoring our relationship with you and with each other;
- For the Holy Spirit's power and presence that enables us to love and serve and be conformed to the character of Christ;
- For the Word of God, for the church, for Christian friends;
- For the assurance of our salvation.

Thank you for the mercies you bestow on us.

- For the ways you've been patient with us;
- For the ways you've helped us change and break bad habits and patterns of thought;
- For the ways you've protected us from the fuller consequences of our sin;
- For the ways you've revealed yourself to us and drawn us closer to you;
- For the ways you answer prayer and walk with us through pain and suffering.

Your ways are higher than our ways, your thoughts are higher than our thoughts (Is. 55:9). We acknowledge our dependence on you for sustaining our lives every moment (Col 1:17). You tell us *not to be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, to present our requests to you.* (Phil 4:6) So we lay our requests before you now. (At this point, name your concern, situation and requests.)

We put these concerns in your "trust bank" as we let them go and cast our cares upon you Jesus (1 Peter 5:7).

Thank you for your peace which transcends all understanding that guards our hearts and minds in Christ Jesus.

Amen