

Prayers of Simple Thanks on Thanksgiving Day

(On this day of thanksgiving, we need a reminder to give thanks every day of the year.)

Holy God, your handiwork created this amazing, beautiful world beyond anything we could imagine and that continues to delight and steer us through the many labyrinths of our lives. On this day of thanksgiving, we see each day and night with its joys and sorrows while trying to remain positive about our many challenges.

At the sunrise, we rejoice at the yellows, blues and pinks—reminders to awake, be aware and focus on the necessary tasks before us for others and ourselves. We give thanks that there are many things to do as we stretch our limbs, wash our faces and eat a breakfast perhaps.

As the morning day brightens with the skies showing blue or white or overcast with shades of gray, they suggest choices for an active day or one of planning, simple chores, leisure, contemplation or prayer. Thank you God for reminders to choose the day's opportunities to help or be helped, to listen well to others and to be kind to ourselves.

At mid-day, we reflect on how the to-do list is coming or whether we can skip it for now. We should be open for your guidance God, while catching a bite to eat and think about our family or friends. Remind us to help others as best we can.

Afternoon comes with the possibility of weather becoming sunny, rainy, snowy, cold or warmer. Thank you God for these changes that can suggest to us to shift gears as new items get added to or subtracted from our day's list. Help us to change what we do to fit the changing day.

As the daylight closes with a sunset of reds, oranges, purples and yellows, we are reminded that that our world is a varied and a vast array of people, animals and plants with wide differences that have been set before us. We give thanks that you had the wisdom to make them all. Teach us to be humble and content with what we have been given and what we've accomplished today.

And last God, we give thanks for the darkness of night that allows our mental troubles to fade as we sleep, our muscles to recover from strains of the day and for the comfort of just doing nothing for awhile. Keep us ever-mindful that our amazing life was given to us by You.

Amen