

Praying Through This Week 23rd August 2021



"Give thanks to the Lord for he is good. His love endures for ever" Psalm 136:1

It is often through stopping, noticing and admiring God's creation that thankfulness flows. This week, I invite you to use your senses to fully appreciate God's work and the blessings you have received. If you are able to walk around a garden, or have a flower or favourite object in your home, take time to appreciate it in God's presence...

- **Pause** for a few moments to ask Jesus to draw close to you...Perhaps close your eyes, **listen** to the sounds around you... If there is silence, be thankful for it. Now draw your attention to God's handiwork...
- **Gaze** upon your object...absorb its detail, the wonder of its creation. Perhaps thank God for those in your life who have given you fresh insights and helped you find a different perspective on something.
- **Breathe** in its smell...what does it remind you of? Can you be thankful for the good memories that come to mind, I wonder?
- **Touch** it...maybe close your eyes...reflect on those who have had an impact on your life. Are you able to thank God for them?

- It remains to appreciate the **taste** of something...the next time you have a drink or eat, can you allow yourself to savour the flavours and take a moment to be thankful for the times you have shared a meal and the fellowship enjoyed?
- Finally...thank God for this time of reflection you have had with Him. Ask Him, perhaps, to help you remember to take time each day to be thankful and appreciate your surroundings and His creation.

"For you make me glad by your deeds, O Lord; I sing for joy at the works of your hands." Psalm 92:4

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