

"Rejoice always, pray continually, give thanks in all circumstances for this is God's will for you in Jesus Christ." Thessalonians 5:16-18

As a member of the caring team I was going over information for the meeting last week. I began thinking about the people, members of the church, friends and others that we pray for and how fortunate I am. This was still in my mind when I received one of the messages from Dawn that mentioned "prayers of thanks" I put my thoughts down on paper. When I pray for someone who needs prayers for medical reasons

- I realize I need to say a prayer of thanks for our good health. No medical problems at 78 and 81. Still walking 3 miles, cutting trees, water skiing etc.
- ❖ When I pray for someone for emotional reasons
  - I realize I need to say a prayer of thanks because any stress I think I may have in my life is nothing in the scheme of things. Example: my stress yesterday was caused by the computer not those with the virus, their families, and medical staff caring for the patients and their families.
- ❖ When I pray for shut ins who do not get to see, let alone, touch their loved ones.
  - I realize I need to say a prayer of thanks that I can Facetime, call and even social distance with my family. Not what I want, but it works and will not last forever.
- ❖ When I pray for graduates who are losing their senior activities, parties, graduation
  - I need to say a prayer of thanks for my 2 grandkids who are still graduates, still moving on to college. They still have their friends and years of memories documented by photos
- ❖ When I say a prayer for our residents at Wintergreen, CCH, PR, PRG
  - I realize I need to say a prayer of thanks for the director, staff, board and all who volunteer in ways the virus allows.
- ❖ When I say a prayer for those who have lost loved ones this past year
  - I need to say a prayer of thanks for having a spouse that I not only love but like and healthy kids and grandkids
- ❖ When I say a prayer for grandparents who are separated from their grandkids (and I am too)
  - I need to say a prayer of thanks for Anne who sends me so many photos and even though I can't hold her, Addi gives me great smiles and giggles.

When I got to the end of my writing I realized how easily each set can be flipped flopped. If you say a prayer of thanks first, it will remind you to say a prayer for individual needs. If you say a prayer for needs of others it will remind you to say a prayer of thanks.

Our world needs prayers. Prayers for virus related issues, prayers for those struggling to make ends meet, prayers for equality, prayers for the lonely, prayers for our leaders...from parents to president and all leaders in between.

*Louise*