

AFFIRMATION OF FAITH

On the back of this sheet, write your own Psalm of Thanksgiving, your own prayer to say “*Thanks.*”

Here is a framework for creating your psalm, which can reflect on your own troubles or the troubles of this world, or some combination of both:

Consider these questions/invitations to reflection:

- 1) What are aspects of God’s creation that deeply speak to you? (ex: sunrise at the beach). What places or locations have you seen or experienced awe?
- 2) Consider your favorite season of the year or just the season that we are in. What about this season do you cherish or appreciate?
- 3) How has God provided for you, your family, your church, or community?
- 4) When has God helped you through a difficult time? How?
- 5) Who are the people who have supported you in different seasons of your life? How did they bless you?
- 6) What memories do you cherish about loved ones who have died and are now with God?
- 7) What do you long for more of in your relationship with God?
- 8) How do you express your love for and praise to God?

Pattern:

- Begin with a statement of praise and thanksgiving: Ex, “We praise You, God, for the beauty that surrounds us” or “for Your faithfulness to us” or “for Your love that gives us life.”
- Create one to two sentence statements of thanks for the answers you provided for the above questions. Any order works fine.
- You may choose to insert one simple line of praise in between your answers. “You have been so good to me” or “Your goodness never fails.”
- End with a final statement of praise and thanksgiving. “For all of these good gifts, we give You all our thanks and praise” or “We praise you, Father, Son, and Holy Spirit” or simply, “Thank You, Lord God.”

Psalms of Thanksgiving Practice by Rev. Alicia Porterfield

We will take some time for silent reflection and then pray our psalms in our hearts.