

Thankful: 21 DAYS OF GRATITUDE

Grateful
November 7, 2021

We Gather

Welcome and Land Acknowledgement

Series Introduction

We are starting a new series today. This month, we are going to focus on gratitude. Just like with all spiritual disciplines, gratitude takes practice. Each day for the next 21 days, I invite you to write down three things that you are grateful for.

We Hear

Embodied Prayer

AWAIT (hands at waist, cupped up to receive): Await God's presence, not as you expect, hope, or imagine, but just as it is in this moment.

ALLOW (reach up, hands open, above shoulders if you can): Allow a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT (hands at heart, cupped towards body): Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept the infinity of God's presence, present whether or not you are aware.

ATTEND (hands outstretched, ready to be responsive): Attend to what you are called to, actions that God invites you to from this stance of openness.

GIVE THANKS (place flat right hand at chin and move downward, which is American Sign Language for thank you): Offer gratitude for God's presence with us, all the time. Amen.

Opening Song

WORDS: Jane Marshall
MUSIC: Jane Marshall
CCLI Song # 216549
CCLI # 11365960

What Gift Can We Bring

Marge Dunn & Lucy Kunkler

What gift can we bring, what present, what token?
What words can convey it, the joy of this day?

When grateful we come, remembering, rejoicing,
what song can we offer in honor and praise?

Give thanks for the past, for those who had vision,
who planted and watered so dreams could come true.
Give thanks for the now, for study, for worship,
for mission that bids us turn prayer into deed.

Give thanks for tomorrow, full of surprises,
for knowing whatever tomorrow may bring,
the Word is our promise always, forever;
we rest in God's keeping and live in God's love.

This gift we now bring, this present, this token,
these words can convey it, the joy of this day!
When grateful we come, remembering, rejoicing,
this song we now offer in honor and praise!

Prayer for Illumination

Caroline Venuti

Gracious and compassionate God, all creation delights in the radiant presence of your Word. May your Holy Spirit soothe our troubled minds, refresh our hearts, and clear our eyes so we may give you thanks and praise. Amen.

Scripture

Philippians 4:4-13

Caroline Venuti

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹ Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

¹⁰ I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. ¹¹ Not that I am referring to being in need; for I have learned to be content with whatever I have. ¹² I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. ¹³ I can do all things through him who strengthens me.

Word of God, Word of Life. **Thanks be to God.**

Message

Grateful

Pastor Lisa

No matter what happens to us, no matter where we are, no matter what we go through, no matter how much or how little we have, God is constant, God is with us, God loves us. And for that, we are grateful. Amen.

We Respond

Song of Response

Give Thanks

Marge Dunn & Lucy Kunkler

WORDS: Henry Smith
MUSIC: Henry Smith
CCLI Song # 20285
CCLI # 11365960

Give thanks with a grateful heart,
give thanks to the Holy One,
give thanks because he's given Jesus Christ his Son. (x 2)

And now let the weak say, "I am strong;"
let the poor say, "I am rich because of what
the Lord has done for us." (x 2)

Give thanks! Give thanks!

Holy Communion with Prayer of Gratitude¹

Pastor Lisa

Take a moment to prepare your communion elements. Something like bread, something like juice.

That this day may be holy, good and joyful: **we pray in gratitude to you, O Lord.**

That we may offer to you our worship and praise along with the work of our hands, minds and hearts: **we pray in gratitude to you, O Lord.**

That we may strive for the well-being of all creation:
we pray in gratitude to you, O Lord.

That in the pleasures and pains of life, we may know the love of Christ and be thankful: **we pray in gratitude to you, O Lord.**

That we may be bound together by your Holy Spirit, in communion with all your holy ones, entrusting one another and all our life to Christ:
we pray in gratitude to you, O Lord.

That we may always and everywhere give thanks to you, O God, for all of our blessings and giftedness: **we pray in gratitude to you, O Lord. Amen.**

... as we proclaim the mystery of faith:
Christ has died; Christ is risen; Christ will come again.

¹ Adapted from prayer by the *Christian Brothers of the Midwest*.
www.cbmidwest.org/

Lord's Prayer

Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come,
Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

Offering Ourselves and Our Gifts to God

Thank you for your continued generosity. Your gifts help us maintain the work of the church.

Give online: <https://www.homerumcalaska.org/donate>

Give by check: Homer UMC, 770 East End Road, Homer, AK, 99603

Benediction²

May the Lord bless you and keep you, may he make his face shine upon you and be gracious to you.

May the eyes of your heart be open to all the blessings which surround you; and may this awareness produce a harvest of gratitude in your soul.

May thankfulness rise up within you, not just during this short season but day after day, and may your prayers reflect that gratitude.

And finally, may the grace, peace, and love of the Triune God protect, defend, and empower you to run with perseverance the race that is before you. Amen.

Closing Song

Now Thank We All Our God

Ola Mullikin

WORDS: Martin Rinkhart
MUSIC: Johann Crüger
CCLI Song # 86638
CCLI # 11365960

Now thank we all our God,
with heart and hands and voices,
who wondrous things has done,
in whom this world rejoices;

² Adapted from prayer written by Joe Sherer pastor of the Mount Joy Mennonite Church, inspired by St. Patrick
<http://adailyprayer.wordpress.com/2007/11/16/strangers-in-this-world/>

who from our mothers' arms
has blessed us on our way
with countless gifts of love,
and still is ours today.

O may this bounteous God
through all our life be near us,
with ever joyful hearts
and blessed peace to cheer us,
and keep us still in grace,
and guide us when perplexed;
and free us from all ills
of this world in the next.

All praise and thanks to God
the Father now be given;
the Son, and him who reigns
with them in highest heaven;
the one eternal God,
whom heaven and earth adore;
for thus it was, is now,
and shall be evermore.