

St James News: Thought for the day – Tuesday 10th November 2020

Giving Thanks – Revd Kit Gunasekera

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

I have been reminded recently, how important it is to give thanks. It is specially important when events around the world, and in our personal life, are challenging, and when the gloomy weather adds to that sense of feeling low. Sometimes its not east to find something to give thanks for, but if we could stop, and think, then things come to mind. Giving thanks does three things:

1. Identifies that God is with us and is at work in our lives, something we can forget easily.
2. Shows that its not all doom and gloom, but that good things are also happening
3. Helps us to appreciate the good things we have, while we can

Its not a case of denying those things which are challenging or difficult or depressing, but acknowledging the good and the lovely and the life-giving amongst that. The anacronym ACTS, Adoration, Confession, Thanksgiving, Supplication, can be a helpful guide to pray, and its one I use. And in that, Thanksgiving comes before supplication. When we give thanks, it can also help us to ask, to supplicate - as we have been reminded that God is indeed with us and hears our prayer.

What would you give thanks for today? Can you get to 10?