



Growing Spiritually as an Elder

Gratitude Prayers



The most amazing things happen in our spirits when we notice the blessings that abound around us. We change. We become more hopeful and more giving. We apprehend God's grace more quickly, because we are ready to receive. Below are ideas for prayers of gratitude.

- 1) Once a week, when you have noticed a blessing, email, leave a voice mail, or a message on someone's tape telling them of the blessing. Thank God as you dial the phone for the blessings and the person with whom you share it.
- 2) As a group, sit down and write thank you notes to members of your congregation or community who bless you. Be specific in the gratitude. Place all of the notes in a basket and pass the basket around the room one or more times offering silent or verbal prayers. Lift it up or pass it to music. Sing a hymn together. Or, you may silently pass the notes around the circle one at a time praising God for each person and the blessing they bring to our world.
- 3) Read through an old directory of members and pray for each person on that list that you do not know in gratitude for their witness.
- 4) Do an act of kindness and support for the pastor. Pray beside his/her office and leave a note or a gift. Leave something in the pulpit as a surprise. Stand in the pulpit and thank God for the testimony of your pastoral staff.
- 5) Walk to the classrooms of the church and pray in gratitude for the teachers.
- 6) As a group, think of an unsung hero and do an unsung deed for them. Leave them a note or small token gift and don't tell who did it. Tell them you are praying for them in gratitude.
- 7) Promise each other to tell one other church member why you are grateful for your congregation. Pray before and after the call.

