



Diocese of Aberdeen and Orkney's Lent Course 2024

# THE WAY TO THE CROSS

THURSDAY 11 APRIL



## CONTEMPLATIVE ACTS - GRATITUDE AND GIVING THANKS

This week's contemplative act is around gratitude and giving thanks.

This is a simple act of giving thanks in prayer, being grateful to God for the blessings in the world and in your life.

Today, and if you wish for the while week you're asked to list three blessings you have been given at the start or end of the day. Say a prayer to God, giving thanks for each of the blessings in your life.

You may wish to use some of the prayers of gratitude and thanks offered here as part of your gratitude prayer time.

Let us remember that we are in the holy presence of God.

Loving Creator,

We asked for strength, and you gave us difficulties to make us strong.

We asked for wisdom, and you gave us problems to solve.

We asked for prosperity, and you gave us purpose and brains to use.

We asked for courage, and you gave us fears to overcome.

We asked for patience, and you gave us situations where we were forced to wait.

We asked for love, and you gave us troubled people to help.

We asked for justice, and you called us to be just and to lead with integrity.

Lord, we have received nothing that we asked for or wanted.

And yet, we received everything that we needed.

For this, we give thanks.

*(Written by Dr. Colleen Hanycz)*

Collect for the  
Second Sunday of  
Easter

Almighty and eternal God, the strength of those who believe and the hope of those who doubt, may we, who have not seen, have faith and receive the fullness of Christ's blessing, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

*A Simple Prayer of Gratitude* by Kelli Mahoney

Thank you, Lord, for the blessings you have bestowed on my life. You have provided me with more than I could ever have imagined. You have surrounded me with people who always look out for me. You have given me family and friends who bless me every day with kind words and actions. They lift me up in ways that keep my eyes focused on you and make my spirit soar.

Also, thank you, Lord, for keeping me safe. You protect me from those things that seem to haunt others. You help me make better choices and provide me with advisors to help me with life's difficult decisions. You speak to me in so many ways so that I always know you are here.

And Lord, I am so grateful for keeping those around me safe and loved. I hope that you provide me with the ability and sense to show them every day how much they matter. I hope that you give me the ability to give to them the same kindness they have provided to me.

I am extremely grateful for all of your blessings in my life, Lord. I pray that you remind me of just how blessed I am and that you never allow me to forget to show my gratitude in prayer and returned acts of kindness.

Thank you, Lord.

*Crowded With Gratitude* by Edward Hays

Lord God,

Our hearts are crowded with gratitude as we celebrate the feast of Thanksgiving.

We have come to this our feasting table with great joy and eagerness, for we are truly grateful to you, our God, for all that we have been given.

We pause now and, in silent prayer, do thank you for the great generosity of Your gifts.

We also thank one another for gifts - especially for the gifts of love and affection that we have freely shared.

We are thankful for all who are present at this our feast as well as for all those who have labored in love in order to bring this dinner to our table.

May You, our God, bless this Thanksgiving feast and all of us who shall share it in your holy name.

Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

*John 20.29*

*Usual Weekly Pattern*

Sunday  
RCL Eucharist  
Readings and Collect

Monday  
Delving Deeper into  
the Readings

Tuesday  
Words from Others  
(sacred & secular)

Wednesday  
Resources from the  
Arts

Thursday  
Contemplative Acts

Friday  
Personal Reflection  
- what this means to  
me

Saturday  
Acts & Deeds