



Wednesday Prayer

Christ the King Sunday – The Power of Gratitude

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of the city; it shall not be moved; God will help it when the morning dawns. The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our refuge. Psalm 46:1-7

As we work hard through all the troubles, fears, changes, and tumults in our world, as we work to be the reformers of the wrongs we see, as we work to support young people through all that society and broken systems throw at them, it's hard to remember gratitude. But gratitude is essential. "Essential to relationships. Essential to faith. Essential to our wellbeing. Gratitude inspires our praise, frames our requests, and *follows lament as we emerge from painful experiences.*"¹ God is our refuge and strength. God will help when the morning dawns.

As we approach Thanksgiving, let's commit to bringing the power of gratitude into our lives on a regular basis. I actually have a daily reminder on my phone to pause, breathe, and give thanks. Sometimes that's what it takes in our full lives.

- ❖ I am grateful for young people, for their honesty, resilience and the pure joy you can catch in their smiles.
- ❖ I am grateful for youth workers, outreach workers, social workers, teachers, and all who raise up the beauty and talents of children and youth.
- ❖ I am grateful for your ongoing prayers for the safety of all children and youth.
- ❖ I am grateful for all who work in the movement to end sexual exploitation and trafficking.
- ❖ I am grateful to all who are able to financially support the work of Cherish All Children.
- ❖ I am grateful for a God of refuge in times of trouble.

God of power, you are always with us in times of trouble and in our daily work. Help us to live with gratitude, sharing our thanks with others. Amen.

¹Brad M. Griffin, Fuller Youth Institute, <https://fulleryouthinstitute.org/blog/power-of-gratitude-this-season>