

# A Word on Wednesday from Pastor Tonia

## "Please God" 9/20/23

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. (Phil 4:6)*

It seems like most prayers begin with, "Please, God." Give me this, do that. Our prayers don't so much change God's mind, but they do form ours. We are to, as John Wesley succinctly put it, "Please God. Do good. Love others."

Maybe instead of praying "Please, God," I need, I want, give me, see that, do this," we set out each day to "Please God." What would we find around the corner, in the eyes of another, in the center of our heart, if we go before God with praise and thanksgiving. If we start our day, our meal, our quiet time praising God's almighty name and giving thanks to God for being God, for being creator, sustainer, and redeemer. We are to give thanks in all things. Bend a knee to God Almighty. May we humbly place our life, our loved ones, our possessions, our safety, our dreams in the hands of our loving God.

How different things would look if we take requests to God with thanksgiving. Begin our prayer with thanks, surely there is something we are thankful for. Henri Nouwen tells us, "When we pray, we are standing with our hands open to the world. We know God will show Himself in the nature which surrounds us, in the people we meet, in the situations we run into."

Look around, look up and see God in the green trees against the blue sky, be in awe of the waves rushing in, look at the wildflowers, really see the colors of a sunset, listen to the birds, be in wonder of the honeybee, feel a cat's purr. So thankful. Smile when the neighbor drops off some cookies, feel the love when a friend calls just to see how you are, be filled with love as you look around at the people you love in church worshipping together as one, hug your loved one, feel content as you look around your home, smile as you look at a picture of an old friend. So much to be thankful for. God blesses us and for that we give thanks.

Give thanks for your job, for the ability to work, give thanks you are able to stay home and raise your children. Give thanks for your vacation, for a retreat, a family reunion, for time off or away. Give thanks for your food, for its source, and the ability to enjoy it. Give thanks for your place of shelter. For those who come into your life. Praise God for all of His gifts, for His unfailing love. Please God with your prayers, knowing He is always there to hear you and to give to you what is best for you.

## **Please pray with me:**

Heavenly Father we come before You with praise and thanksgiving. We praise Your Holy Name and thank You for Your creation, for Your will, for Your love. We thank You for this time we can come before You and be in Your presence. Help us to be thankful in all things, knowing You are always near, and with Your love, You care for us.

**Amen.**