



GIVING THANKS

MATTHEW 18:19-20

A moment to pause.
A reason to give thanks.

A reflection guide for you
and your community

*Come as you are.
Reflect quietly, or share the moment with others.*

Rooted in faith. Open to all.

Visit Giving Thanks online

A self-guided reflection

A place to begin

There is no hurry here. Read quietly or aloud, and move at your own pace.



PLACE 1

The welcome

Come as you are. You do not need to have the right words, feel a certain way, or set your worries aside. There is room here for gratitude, questions, and quiet.

Find a comfortable place. Let yourself settle. Take a few quiet breaths, and notice the people around you or the stillness of this moment.

This is your time to reflect. You can read alone or alongside others. Sharing is optional; quiet is welcome.

PLACE 2

A quiet space

As we settle, we turn toward God in prayer. You are welcome to join in, listen, or reflect in your own way.

Gracious God, thank You for Your presence among us. Help us notice the blessings in our lives, care for one another, and find a moment of peace. Amen.

Read the prayer silently or aloud. Leave a few moments of quiet before continuing.

A place to notice

Let a familiar word or a small blessing be enough.



PLACE 3

A place of connection

We do not have to travel through life alone. These words invite us to pause with the promise of God's presence.

“For where two or three are gathered together in my name, there am I in the midst of them.”

Matthew 18:20 (KJV)

When have you felt supported by the presence or kindness of another person?

Let a person or a memory come to mind. You may hold it quietly; there is no need to answer aloud.

PLACE 4

A place of gratitude

From the people who have cared for us, we turn to the gifts we can notice today. A blessing may be something small: a kind word, a familiar voice, or a peaceful moment.

Think of a person, a memory, an act of kindness, or an everyday gift. What makes it meaningful to you today?

Take a quiet moment. Gratitude does not ask us to deny grief or hardship. It simply leaves room to notice a little comfort alongside them.

A place to share and carry on

What we notice here can stay with us through the day.



PLACE 5

A circle of care

A blessing held quietly is meaningful. A blessing shared may offer comfort to someone else. Choose what feels right for you.

On your own: Name your blessing silently, say it aloud, or write a few words.

Together: Share a thought if you wish, and listen with care. Quiet reflection is always welcome.

Allow silence. If someone shares with you, receive their words with care, without correcting or offering advice.

PLACE 6

The path home

As this time comes to a close, we offer a prayer of thanks. Carry one small blessing with you into the rest of your day.

I give thanks to You, Lord, for You are with me.

When I walk in the darkness, You are there.

When I kneel in weakness, You are there.

When I search for Your grace, You are there.

When I rejoice in a new blessed day, You are there.

I give thanks to You, Lord, for You are with me always!

Amen.

Thank someone, offer a kind word, or pause to notice another blessing. You may return to this guide whenever you wish.

A companion for the journey

A little support for your own time of prayer and reflection.



Before you begin

Allow about 15–20 minutes, or take the time you need. Find a comfortable place, settle in, and follow the guide at your own pace. You may pause, revisit a passage, or return another day.

A welcome for every belief

The prayers and scripture draw on the Christian faith. Residents of every belief are welcome. You are free to pray, listen, or reflect in your own way. If others are nearby, respect their quiet and their choices, too.

Care for the stories you hear

If someone shares a personal story with you, treat it with care and keep it private. There is no need to fill every silence or offer advice. A quiet, attentive presence can be a gift.

Readings to return to

Choose one of these passages for another visit to the guide, or spend more time with it on your own.

Matthew 7:7–8 (KJV)

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

John 16:23 (KJV)

“And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you.”

What would you like to bring to God in prayer today?