

Prayer Time

OCTOBER 2023



"Gratitude is a quality similar to electricity; it must be produced and discharged and used up in order to exist at all."

~ William Faulkner

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

~ Colossians 3:15

IDEAS FOR PRACTICING GRATITUDE:

While we celebrate Thanksgiving at this time of year, thankfulness is a spiritual quality that we are called to practice every day of our lives, and should be a key element of our prayers. Here are some suggestions for practicing gratitude.

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Every day, think of three blessings for which you are thankful; make an effort to come up with a different three each day.

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Keep a gratitude journal — write regular thank you letters to God for the good things you have received.

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To counter feelings of anxiety & regret at the end of the day, as you turn in for the night, think of: a moment of beauty you experienced, a person(s) you were able to bless, a person(s) who blessed you, one moment in which you felt God's presence. Thank God for those blessings.

PRAYERS FOR OUR FAITH COMMUNITY:

We thank God for visitors who have recently come to our worship gatherings, and pray that the time among may have been a blessing to them.

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We pray that the greetings on our sign on the front lawn may brighten the day of passersby, and open their hearts to experience God's Presence.

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As we plan events for worship, fellowship and spiritual growth, may God provide the needed wisdom & inspiration for engaging with the community beyond our walls.

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A critical spirit can derail thankfulness & joy. We pray that God may deliver us from the evil spirit of judgement of our sisters & brothers, and the strangers around us.

PRAYERS FOR THE WORLD:

We pray for our sister congregation, Dire Gefersa Miserete Kristos Church in Addis Ababa, Ethiopia.

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We pray for Dann & Joji Pantoja, and their ministry with Mennonite Church Canada in the Philippines.

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We pray for Mennonite Central Committee, particularly in their ongoing humanitarian aid response in war-torn areas, like Ukraine.

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We pray for God's blessing on the food donations that we gather this season, and disburse to local food banks. May they provide help & hope to those in our neighbourhood struggling to get by.

My Prayers throughout the month of October:

