

Giving Thanks to God —All Day, Every Day

The daily practice of giving thanks to God for blessings received is at the heart of our lives as women of faith. Even the ordinary blessings of daily life call us to gratitude.

Lutheran women have a time-honored way to practice giving thanks – Thankofferings. Some women keep the practice of setting aside daily Thankofferings throughout the year, and then joining all those daily offerings into one with those of other women in the community – well, it's powerful.

In ordinary times – and some of us may be able to hold Thankoffering services just as we always have in ordinary times -- our treasurer gathers up all the offerings given at the Thankoffering service and forwards the total amount to the churchwide expression of Women of the ELCA. (See our 2020-2021 Thankoffering service at welca.org/thankofferings.)

But things are different this year, so many among us will be making our Thankofferings differently. Many of us will pray in private and make our Thankofferings in private, too (Jesus told us that God hears us when we pray privately: Matthew 6:6). Others of us will pray together on the phone or via internet and make our Thankofferings that way (Jesus told us that where two or three are gathered in his name, he is there among us: Matthew 18:20. He didn't rule out phones or the internet!)

You can learn more about Thankofferings and their long history at welca.org/thankofferings.

About this resource

This resource suggests short prayers of thanksgiving that you can use any time during the day as you set aside your Thankofferings. If you like, you might decorate an envelope or jar to receive your daily Thankofferings.

When you are ready, gather your Thankofferings into one and forward the total amount to the churchwide expression of Women of the ELCA as women have done for so many years. You can give by check, online, or by phone: the information appears below.

Giving by Mail

Make out your check to Women of the ELCA and write “Thankoffering” on the memo line. Then mail it to:

Women of the ELCA
c/o ELCA Gift Processing
P.O. Box 1809
Merrifield VA 22116-8009

Giving online

Make your Thankoffering with a credit card at welca.org/give. Simply choose the amount of your gift and specify “Thankoffering” in the dropdown list. After you’ve filled in all your information, make sure to scroll down to the bottom and click the “I’m Not A Robot” square before clicking “Donate Now.”

Giving by Phone

Call 800-638-3522 or 773-380-2700, and press 0. The operator is authorized to charge your Thankoffering to your credit card.

Prayers of Thanksgiving throughout the Day

At all times

I give thanks at all times, for the Lord is good, for God’s mercy endures forever. Amen!

Adapted from Martin Luther’s Small Catechism in *Evangelical Lutheran Worship*, p. 1167

Sunrise and birdsong

Thank you, Creator God, for this new day – a day which you have made. I lift my voice in grateful song along with the psalmist and the birds: Let us rejoice and be glad! Amen.

Getting up

God of love, I thank you for the light of Christ, for it dwells in me and allows me to arise and shine. Amen!

Adapted from Jennifer Baker-Trinity, <https://www.boldcafe.org/arise-shine-epiphany/>

After getting up

I give thanks to you, Lord my God, that you have protected me through the night from all harm and danger. I pray through Jesus Christ, your dear Son. Amen!

Adapted from Martin Luther’s Small Catechism in *Evangelical Lutheran Worship*, p. 1166.

Morning coffee or tea

Blessed are you, alert and active Lord, for your gifts of morning coffee and tea, which help inspire and energize your people to sing your praises. Thanks be to God! Amen!

Breakfast

Nourishing God, you feed your people from the bounty of your creation. Bless this morning meal to my strength, and my strength to your service, in joyful gratitude. Amen!

Home

Sheltering God, you give your creatures places to call home. I thank you for this, my home, where love can live and faith can grow, all in your care. Move my heart and hands, Lord, that all your people may have safe places to call home. Amen!

Family

God of our foremothers, I thank you for families, from the closest to the farthest flung. In family ties, no matter how solid or how frayed, we glimpse your love for all your human family. Amen!

PREVIEW

Pets

Lord of all, we share our lives with other creatures of your making, creatures of many kinds. How wondrous that hearts can meet even across the boundaries of species! I thank you for the gift of loving and beloved animals. Amen!

Soap and water

Creator of rivers and rain, as I wash my face and hands, I thank you for your gift of lifegiving water. May it prepare me to begin again the work you ask of me: to love you and my neighbor. Amen!

Adapted from Karen Craigo, "Lent: A time to rehydrate," <https://www.boldcafe.org/lent-time-rehydrate/>

Getting dressed

Loving God, you tenderly clothed Eve and Adam before they left the garden to earn their living. Thank you for these my own clothes, and grant that they may remind me of your tender and ever-forgiving love. Amen!

Going to work

Lord of all hopefulness, Martha of Bethany worked to serve you while her sister Mary worked to learn from you. As I turn to my own work, I thank you that the holy work you give us takes so many forms. Amen!

Getting things done

God who made light with a word, at each stage in your work of creation, you looked at what you had made and called it good. I thank you for your own holy example of satisfaction in getting things done and getting them done right! Amen!

Going to school

Loving God, I thank you for all the places where people learn – classrooms, kitchens, libraries, studios, and more. May they be lively centers for sound learning, new discovery, and the pursuit of wisdom. Amen!

Adapted from the *Book of Common Prayer*, p. 824.

Learning new things

Lord our God, your young Son Jesus was eager to amaze the elders in the Temple with what he had learned. I thank you for that model of joyful learning, and ask that you kindle the same spark of joy in all our hearts. Amen!

Exercise

As I begin my workout today, O God of grace and strength, I thank you for the precious gift of my body, every part of it. May I come to know this, believe it, and share that belief with those around me. Amen!

Adapted from Amanda Zentz-Alo, <https://www.boldcafe.org/faith-reflection-genesis>

Friends

God of love, thank you for friends – childhood friends, best friends, new friends, old friends, friends yet to be met – for it is in the hands and hearts of my friends that the Body of Christ comes to me. Amen!

Adapted from Susan Schneider, <https://www.boldcafe.org/sharing-gods-presence-friends/>

Devotions

Listening God, your Son taught us to pray to you in private, for there you hear our prayers. As I gratefully turn to my devotions, I offer you thanks and praise, for you hear my prayer even before I form it into words. Amen!

Gathering for worship

God who opens doors, your people gather to worship you in spirit and in truth. Thank you for calling people together to worship you throughout all the world and all the centuries. Amen!

Praying together

Holy Lord, the sound of many voices gathered together in prayer must be as pleasing to you as it is to me. Thank you for that sound. Whether a murmur or a shout, speech or song, rejoicing or lamenting, that sound is holy. Amen!

PREVIEW

Hearing the Word proclaimed

God whose Word is life, thank you for causing the holy scriptures to be written for the nourishment of your people. Grant that we may hear them, read, mark, learn, and inwardly digest them. Amen!

Adapted from *Evangelical Lutheran Worship*, p. 72

Hearing the Word preached

God whose Word is power, your Spirit inspired Peter to preach words of holy fire at that first Pentecost. Thank you for inspired preachers, and grant that their hearers may be equally inspired. Amen!

Holy Communion

O God, our life, our strength, our food, I give you thanks for sustaining me with the body and blood of your Son, our Lord Jesus Christ. Amen!

Adapted from *Evangelical Lutheran Worship*, p. 65

Coffee hour

Forgiving God, your Son Jesus had a reputation for eating with sinners – even sinners like me. Thank you for his example. I ask that you grant me the wisdom to learn who is welcome at the table from the One who is the host. Amen!

Adapted from “Healing after brokenness” by AmyJo Matthias. <https://www.boldcafe.org/healing-after-brokenness/>

Sunday papers

Holy Lord, my Sunday paper is filled with news, most of it bad. But you have sent good news to the world, the good news that your Word has come among us, full of grace and truth. Thank you for this very best of good news! Amen!

Midday meal

Gracious God, it was about noon when Jesus met the Samaritan woman at the well. Not long after, he told his disciples, “I have food to eat that you do not know about.” That midday conversation nourished his spirit. Thank you for this, my midday meal, and may it nourish my own spirit and body to your service. Amen!

Beauty

Loving God, I thank you for the the world and the people you have so graciously created and nurtured. Help me recognize the beauty of your gracious work, and help me to recognize your gracious work in beauty. Amen!

Adapted from “Finding Your People,” by Laura Morrison. <https://www.boldcafe.org/faith-reflections-finding-people/>

Gardening

God, you clearly love gardens. You created a garden for our first parents, and the Risen Lord first revealed himself in a garden. Thank you for this, my own garden, its flowers and its fruit, its birds and its bugs (and maybe even its weeds). Amen!

Sewing

Gracious God, I thank you for the tools, materials, and skills I use in my sewing. I ask you to bless those who made the tools and materials, and those who taught me the skills. And I thank you for the delight I take in it. Amen!

Music and Art

Creator God, I give you thanks for artists and musicians, whose works enhance the praises offered by your people on earth. Grant that their skills and talents may reveal to us all glimpses of your own beauty, goodness, and truth. Amen!

Adapted from the *Book of Common Prayer*, p. 819

Drama and Storytelling

Expressive God, you created us with a love of stories. Thank you for storytellers who follow Jesus’ model of telling stories that help us know your holy love. Amen!

Technology

I give you thanks, Lord God, for inspiring innovators and inventors to create new tools to help meet the ancient human need to be in touch with those we love, no matter how far away they may be. Amen!

PREVIEW

Afternoon naps

God of the sabbath, you give us time to rest so that we can stop and breathe in the sacred breath of your Holy Spirit. Thank you for this wondrous gift. Amen.

Adapted from "Running from rest" by Elyssa Salinas Lazarski. <https://www.boldcafe.org/running-from-rest/>

Cooking for someone

God of loving service, Martha of Bethany is but one of the many women in scripture who worked to feed your prophets, your Son, and your apostles. I thank you for their example, as I work to feed people around my own table. Amen!

Conversation with loved ones

Generous God, thank you for reminding me over and over that you have given me enough. At every turn, with the people I love, remind me again that we are enough. Amen.

Adapted from "Let's talk about debt, baby" by Rozella Haydée White, <https://www.boldcafe.org/lets-talk-about-debt-baby/>

Eating together

Lord of hospitality, the disciples invited the stranger on the road to Emmaus to join them at their table, where the risen Lord Jesus made himself known in the breaking of the bread. Thank you for the gift of breaking bread together, for it is here that Jesus is made known again and again. Amen!

Quiet evenings

God of peace, I thank you for teaching us through your prophet Isaiah that in quietness and confidence shall be our strength. By the might of your Spirit, lift us into awareness of your presence, where we may be still and know that you are God. Amen!

Adapted from the *Book of Common Prayer*, p. 832

Moon and stars and night

Creator God, I thank you for the beauty of your holy night. Illumine this night with the light of your moon and stars and with your own celestial brightness, that by night as by day, I may offer my prayer of thanks and praise. Amen!

Adapted from the *Book of Common Prayer*, p. 133

Rest and rejuvenation

God of peace, thank you for your great gift of rest. Through this night's peaceful sleep, you ready me for creation, for putting pieces back together, and for the next steps on my journey. Amen!

Adapted from "Running from Rest," by Elyssa Salinas Lazarski. <https://www.boldcafe.org/running-from-rest/>

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PREVIEW