



## GIVE THANKS AUTUMN REFLECTION

*Lead me to gather all the blessings of my life that have brought me comfort, hope, love, healing, strength and joy.*



**Loving God, you encircle the seasons with ease,  
teach us about Earth's natural cycle of turning  
from one season to another.  
Open our hearts today to the teachings of this season  
of autumn .... the autumn of our own lives.  
AMEN.**



**SONG –A Song of Thanksgiving** <https://youtu.be/IXCCxIqFaPI?si=gP2hv-eKubgYFrHx>

## **WORD OF GOD**

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jer 29:11

"Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!" Psalm 107:1

"For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day." 2 Corinthians 4:15-16

## **REFLECTION**

***When I refuse to trust the unknown, when I struggle to keep control rather than let life evolve.....***

Wrap me in the restful days of Autumn and encourage me to be patient as I live with uncertainty and insecurity.

***When I grow tired of using my own harvest of gifts to benefit others.....***

Take me to the autumn fields where earth shares the bounty of summer and allows her lands to surrender their abundance

***When I neglect to care for myself and my life and become totally absorbed in life's hurried pace.....***

Give me courage to slow down and just BE as I see how Earth slows down and allows her soil to rest in silent, fallow space.

***When I fight changes and struggle to keep things just as they are instead of letting go.....***

Place me on the wings of travelling birds, willing to leave their comfort as they journey to another destination.



*Lead me to gather all the blessings of my life that have brought me comfort, hope, love,  
healing strength and joy.*

**What in my life needs to fall away like Autumn leaves  
so that another life, waiting in the buds, can be born?**

**PRAY**

Creator of the Seasons thank you for all  
that autumn teaches me.

Change my focus so that I see not only  
what I am leaving behind but also the harvest  
and plenitude that my life holds.

May my heart grow freer and  
my life more peaceful  
as I respond to the teachings  
this season offers me.

Amen.