



Acknowledgement of Our Gratitude

We know that God has truly blessed us. Last week, we began our process of reflection upon gratitude by recognizing and listing the ways in which we have been blessed. Now, we turn our attention to what it means to acknowledge those blessings before God and one another.

In Lamentations 3, we read what might be familiar to many, that God's mercies are "new every morning." That is well and good to recognize, yet the text continues. "The Lord is my portion," says my soul, "therefore I will hope in him."

Taking this response of the soul as a prayer of gratitude and thanksgiving to God, we note a declaration of confidence in the Lord. Making this our own prayer, we declare that the source for our hope is in God alone.

Taking a step back it is further helpful to note the context in which this declaration is situated. The immediate context of this section of the book of Lamentations. Jeremiah, traditionally held to be the author, paints a picture of afflictions. Darkness (v. 2), broken bones (v. 4), heavy chains (v. 7), crooked paths (v. 9), and desolation (v. 11) are all referenced in the preceding verses of the chapter. In this context, rather than complaint, here in the middle of a great lament, there is hope.

In our own lives, we know that there will be many challenges. We may not all be at the point of our own lament, but our hope in the Lord is a sure and strong foundation nonetheless (Luke 6:48).

Thoughts for Reflection

Pull out your list of blessings from last week. Spend some time in prayer, offering thanksgiving and gratitude to God. If it helps write your prayer as a focusing tool for your acknowledgement of gratitude toward God.

Remember my affliction and my wanderings,
the wormwood and the gall!
My soul continually remembers it
and is bowed down within me.
But this I call to mind,
and therefore I have hope: The steadfast love of
the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.
"The Lord is my portion," says my soul,
"therefore I will hope in him."

Lamentations 3:19-24