

Essential Prayers: 'Help,' 'Thanks,' and 'Wow'

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CALL TO PRAYER

LEADER: The writer Anne Lamott has named the three essential prayers that support her in trying times: “Help,” “Thanks” and “Wow.” With her three prayers as our guide, we will alternate everyday language with the ancient words of the Psalms, asking for help, giving thanks and praising God for the wonders of creation.

PRAYERS AND RESPONSES

READER 1: Saving God, please help us. Keep us safe as we go about our daily lives. Defend us from harm. Help us to be strong and full of energy to do our work. Help us to live, to thrive, to love you and to love our neighbors as ourselves.

ALL: (*Psalm 16: 1-2*): Keep me safe, O God; in you I take refuge. I say to the Lord, you are my Lord, you are my only good.

READER 2: Generous and loving God, you are the source of all the blessings of this life. We are thankful for family and friends, for children’s laughter, for smiles of strangers, for interesting things to do, for good food and for good health.

ALL: (*Psalm 23: 1,5*): The Lord is my shepherd; there is nothing I lack. ... You anoint my head with oil; my cup overflows.

READER 3: Creator God. Wow! We praise you and glorify you for the wondrous and beautiful Earth and the amazing universe we inhabit. You created the marvelous complexity of all the people and creatures of the Earth. With all this glory around us, every day is a revelation of your immensity and power. Wow!

ALL (*Psalm 145: 3-4*):
Great is the Lord and worthy of high praise; God’s grandeur is beyond understanding. One generation praises your deeds to the next and proclaims your mighty works.

MUSIC

Suggested: “Praise God, from Whom All Blessings Flow” (“Doxology”), text: Thomas Ken; music: “Old Hundredth.”

LEADER: Thanks be to God.

ALL: Amen.

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