**A prayer of Thanksgiving**

**This morning our prayer of Thanksgiving is based on the book of Hebrews.**

**We give you thanks for your humanity, that you became like us**

**Your died for all mankind and through this pathway your exaltation**

**to become a merciful and faithful High Priest on our behalf. We give you thanks!**

**We give thanks that your Priesthood is in the order of Melchizidec,**

**and God has exalted you and made your enemies a footstall for your feet.**

**Yet in the majesty of all this we can still come to you in our hour of weakness**

**and trouble and find help and forgiveness. We give you thanks!**

**We recognise that you call us to persevere and hold fast to our confession and to continue in faith, keeping our eyes on the prize as your faithful people of old did.**

**We ask you to help us in this, to inspire our hearts by your Holy Spirit, that we may know your joy, peace and everlasting hope. We give you thanks.**

**Finally, let us give thanks for all we have, our families and friends,**

**the simple things in life, the sunshine, the kindness of others, those who care,**

**our own hopes and dreams for the future.**

**Let us try if we can to cultivate gratitude into our lives, because it can unlock the fullness of life and is one of the healthiest of all human emotions!**

**And all good things come from God**

**And in our gratitude let us think kindly and generously towards those who are less fortunate, who are struggling with illness, unhappiness or with life’s difficulties.**

**Faithful High Priest we pray. Amen**

**Prayer of Confession**

**It is in our confession where we realize our desire for God and our hope for God’s mercy. It is in admitting the truth of our lives that we take the first step toward wholeness and healing. So let us make our confession, first in silent prayer.**

**A moment of silent confession**

**God, friend of sinners, hear our prayer.**  
**There is so much we aspire to, we would be kinder, patient, more loving and forgiving of others.** **But we seem to end up always beating ourselves up and feeling full of failures of morality, selfish, and mean.**  
**Perhaps You see us simply as human – as beloved, and flawed, and trying, and failing, and succeeding.**  
**In all of this, forgive the wrong that we have done, and the bless the good we have accomplished.** **Keep on loving us, and helping us, and moulding us more and more into the image of Christ, in whose name we pray. Amen**.