

Tuesday 21 July 2026

Inhabit creation with gratitude

Ephesians 2:4–10

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ -by grace you have been saved - and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Reflection

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.

- *How might gratitude change the way I speak, pray and respect nature?*

- *What practical action could I take this week to express my gratitude?*

Today, let us remember one simple thing: we are here because God loves us freely. There is no need to prove anything. Just to welcome, to breathe, to say thank you. So let us set out together for a moment that does us good, that lifts us up and makes us want to live differently.

Psalm 105

Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples! Sing to him, sing praises to him; tell of all his wondrous works! Glory in his holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and his strength; seek his presence continually!



Song

Inhabit creation with gratitude

In the Bible, gratitude is not merely a polite ‘thank you’. It is a way of being, an inner attitude that transforms our relationship with God, with others and with creation.

For the Apostle Paul, it all begins with what God does, not with what we do. God loves us first. God saves us by grace. God lifts us up and gives us new life in Christ. Gratitude arises when we realise that all this is a gift.

And if God gives us life, he also gives us a place to live – that is, the whole of creation. To inhabit creation with gratitude is to recognise that the earth is not a supermarket where we take everything without a second thought. It is to understand that this world is not ‘ours’, but that it has been entrusted to us.

Gratitude is then expressed through praise: it changes the way we see things. Instead of saying, ‘This is mine’, we learn to say, ‘Thank you’. Instead of consuming without limit, we marvel at it. Instead of wasting, we protect.

When I recognise that creation is a gift, I no longer treat it as an object. I respect it, I cherish it, I bring it to life. Gratitude thus becomes a way of living in the world: with respect, with wonder, with responsibility.

Prayer

Lord, let your light shine within me. Help me to walk as a child of light, to transform my surroundings through my actions, my words and my choices. May my life bring light to those around me, not to attract attention, but to reflect your presence. Teach me, Lord, to live within creation with gratitude. To recognise that everything around me is a gift, that the earth is not merely a backdrop but a gift, that every breath, every ray of light, every encounter is a trace of your goodness.

Prayer for the Churches of the Central Africa Region
UEBC-EEC-EELC-EPCRC-EPRw-EECo-EEG



Song

Blessing

May Christ, the source of new life, cause a gratitude that transforms to grow within you: a gratitude that fills you with wonder, a gratitude that respects, a gratitude that protects.
Amen!

