

GO DEEPER

use these questions for further study

Talk About It - Thanksgiving

Where/how have prayers of thanks been modeled for you?
How do you practice thanksgiving prayers in your life?
Do you generally find it easy or hard to pray in this way?
How have prayers of thanks changed you/situations?

Read 1Thess 5:16-18 | Eph 5:15-20 | Phil 4:6 | Col 3:17

What do these passages teach us about thanksgiving?
Why is it important to give thanks in ALL situations?
Why is it hard to do this? How can we grow in it?

Read Psalm 104

This Psalm of praise is a response of gratitude to who God is and what he has done. Read through the psalm and take note of the kinds of things named by the psalmist. Does anything surprise you or stand out? If so, what, and why?

Try creating categories for the gifts named. What are they?
What can we learn about thanksgiving from this Psalm?

Practice It - Prayers of Thanksgiving

Keep a journal recording the gifts and graces God gives you. Then, regularly pray through the journal thanking God for each of the people/things/gifts.

End each day by thanking God for one specific thing. In prayer, tell God what that thing meant to you.

Notice when you feel like you lack something, or when you fall into the comparison trap, and choose to pray and give thanks for at least 10 - 20 specific blessings.

Pray Psalms of thanks (e.g. Ps 92, 100, 103, 104, 118, 138)

Create a thanksgiving scrapbook. Next to the pictures, write prayers of thanksgiving.

Take stock of what God has given you in terms of finances, time, and ability. Then make a plan for how you can return thanks to him by practicing generosity and service. Pray as you do this, and let your actions be an embodied prayer of thanks.

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