LESSON 9

Thanksgiving: Step 8 For Cultivating Daily Delight in Prayer

"Could you not watch with Me one hour?" Matthew 26:40 (NKJV)

Step Eight	
Basic Definition	
The Act of Expressed	
Action Focus: Articulated	
Key Word	

Voices from the Past:

"Thanksgiving is the act of expressing mental or oral gratitude to God for His blessings and mercies. Moreover, the giving of thanks should include heartfelt praise in accepting things we do not like, and thanking God that the apparently evil tidings were not worse ones. Thus it was that John Wesley could thank God that he broke only his arm in an accident and not his head."

-Dr. Harold Lindsell

THANKSGIVING: A Biblical Basis

Scripture:

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18 (NKJV)

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:18 (NLT)

Pray diligently. Stay alert, with your eyes wide open in gratitude.

Colossians 4:2 (MSG)

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

Psalm 100:4 (NIV)

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Colossians 3:15 (NIV)

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe...

Hebrews 12:28 (NIV)

Summary	Definition	of	THANKSGIVING
A time to			

Voices from the Past:

"Among all the apostles none suffered so much as Paul; but none of them do we find so often giving thanks as he. Take his letter to the Philippians. Remember what he suffered at Philippi; how they laid many stripes upon him, and cast him into prison. Yet every chapter in that epistle speaks of rejoicing and giving thanks. There is that well-known passage: 'Be careful for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known unto God' (Philippians 4:6)."

—Dwight L. Moody

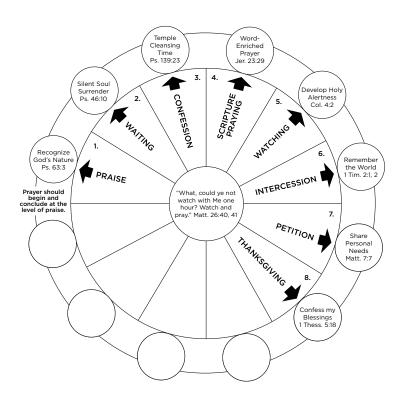
THANKSGIVING: A Prayer Application	
Confess personal	

Voices from the Past:

"Thanksgiving will draw our hearts out to God and keep us engaged with Him; it will take our attention from ourselves and give the Spirit room to move in our hearts."

-Andrew Murray

THANKSG	IVING: A Lite	e Applic	cation
Become a			thank you!



Notes:			

Where to Next?

THANKSGIVING...

Four Ways to Get Started and Keep Going!

Following are four suggestions to help you personally apply this aspect of the 12 in daily prayer.

A Practical Prayer Summary Step 8 in World-Changing Prayer

- 1. Begin thanksgiving by thinking about all God has given you in recent days.
- 2. Use these moments of reflection as a basis for offering specific thanksgiving for spiritual, material, physical and external blessings.
- 3. Frequently thank God "in advance" for blessings you expect Him to bestow on you in the future.
- 4. Thank God for at least one particular blessing you have not thanked Him for previously.

AFTERTHOUGHTS... PONDER AND PRAY

Ponder Points:

Discuss (or ponder) why you think it is important that we verbalize our thanks for the blessings God has given us. In what ways do you think we can take the act of thanksgiving during prayer into our everyday life by developing a thankful spirit?

Personal Afterthoughts:			

Prayer Points:

Take time to thank God for at least one blessing He has given you that you are certain you have never thanked Him for in the past. Then, thank Him by faith for an answered prayer that has not yet come, but something for which you are trusting Him for an answer.