

EXPERIENCE YOUR GOD

An Abiding Practice Resource



EXPERIENCE YOUR GOD THROUGH GRATITUDE

Gratitude prayers teach us to talk to God about all the good things in our life and in the world. When we daily express gratitude through talking to God we will experience an alignment with our heart and God's heart.

"Prayer is intimacy with the infinite." - Tim Keller

Why Practice Gratitude Prayer?

- The consistency of your prayer life will tell you who your God is
- Gratitude defends against believing the enemy's lies
- Gratitude defends against a heart of bitterness
- Gratitude refreshes our memory on our true home
- Prayer uncovers what's truly going on in your spiritual walk

Understanding Prayer

"Hallow" means to make something ultimate, to treat something or someone as ultimate.

The Lord's Prayer gives us a model:

- We talk to God
- We talk with God
- We listen to God
- We are present with God

True prayer happens when your ultimate goal is God, not when you go to God only when you need something.

"...The failure to recognize the good things, and the gifts received. As such, (ingratitude) is the cause, beginning, and the origin of all evil and sin." - Ignatius of Loyola

Scripture Focus: Psalm 92:1-2

It is good to give thanks to the Lord,
to sing praises to your name, O Most High;
2 to declare your steadfast love in the morning,
and your faithfulness by night,

MORNING GRATITUDE PRACTICE: DECLARE HIS STEADFAST LOVE

Praise the Father for how He has made you:

- Created you for His purposes
- Created you to enjoy His good gifts
- Created you to multiply and be fruitful

Praise the Son for how He has rescued you:

- Rescued you from separation
- Rescued you from a life of loneliness
- Rescued you from a meaningless life

Praise the Spirit for how He empowers you:

- Empowers you to resist sin
- Empowers you to fulfill God's mission
- Empowers you to grow

EVENING GRATITUDE PRACTICE: REMEMBER HIS FAITHFULNESS

Thank the Father for how He showed you His love:

- He has adopted you into His family
- His grace is deeper than any sin
- His presence was experienced

Thank the Son for how He saved you throughout the day:

- He pulled you back from drift
- He paved a way to flee
- His forgiveness changed how you lived today

Thank the Spirit for how He convicted you today:

- His love led to repentance
- His presence guided you from your old nature
- His power reminded you of God's grace

PRACTICE: GRATITUDE PRAYER EXERCISE

Step 1: Reflect & Write (5-10 minutes)

Write down 1-2 specific ways you've experienced:

- The steadfast love of God the Father
- The rescue of God the Son
- The guidance of God the Holy Spirit

Step 2: Share (5-10 minutes if in a group)

- Share what you've written with others
- Listen to how God is working in others' lives

Step 3: Pray

- Turn your reflections into prayers of gratitude
- Be specific about what God has done
- Express your thanks for who God is, not just what He's done

"Learning to hallow God's name means we have applied the essential aspect of adoring God daily, which keeps our hearts attached to the Father, which will redirect our anxiety, reinvigorate our lives from a life of boredom or drift, and release our hearts from becoming attached to false gods."

THIS WEEK'S CHALLENGE

- Memorize Psalm 92:1-2
- Create space in the morning and evening to practice the prayer of Gratitude
- Journal your prayers of gratitude 2-3 times a week
- Share with your DNA/Group what you are learning