



Prayer of Thanksgiving Prayer Posture (Nov 18)

Series Summary: So often we only see prayer as a one way street of us going to God to ask for what we want, but prayer is so much more. Prayer is a conversation with God where we talk, listen, and spend time with Him. This series will discover aspects of our prayer life that help us see prayer in a fresh new way.

Big Idea/Question: God has given us so much, even his one and only Son, Jesus. Because of this, we should be thankful at all times and our prayer life should reflect that.

GET THEM TALKING

What do you pray about the most?

What should we pray about but don't with much consistency?

VIDEO TEACHING

Intro: it is easy to get stuck in our prayer life. I think part of why we get stuck is because we find ourselves praying about the same things again and again, typically our needs, and that's it. But there is a better way... that Jesus gave to us in the Sermon On The Mount.

Matthew 6:9 "This, then, is how you should pray:

Jesus was not limiting our prayer simply to this prayer. I think he was giving both an example and an outline of the types of prayers that should come up in our lives.

Matthew 6:9... “Our Father in heaven, hallowed be your name, **(Praise)** 10 your kingdom come, **(ministry)** your will be done, on earth as it is in heaven. **(God’s will)** 11 Give us today our daily bread. **(need, even small ones)** 12 And forgive us our debts, as we also have forgiven our debtors. **(confession)** 13 And lead us not into temptation, but deliver us from the evil one.’ **(growing in faith)**

Do you see the diversity in prayer? Does that look like your prayer life? I would encourage you to open up Matthew 6:1-13 and ask yourself what part of this is not in my prayer life at all, and begin to pray that daily.

Transition to Group: But for right now I want us to talk about another (or type) or prayer that is often neglected, Thanksgiving. No this is not like the Thanksgiving meal per say. This is a habit or discipline that we should practice year-round, daily even.

SMALL GROUP DISCUSSION

What is one thing that you are thankful for today?

What does a prayer of thanksgiving look like?

Proverbs 95:1-7 Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. **2** Let us come before him with thanksgiving and extol *(or praise enthusiastically)* him with music and song. **3** For the Lord is the great God, the great King above all gods. **4** In his hand are the depths of the earth, and the mountain peaks belong to him. **5** The sea is his, for he made it, and his hands formed the dry land. **6** Come, let us bow down in worship, let us kneel before the Lord our Maker; **7** for he is our God and we are the people of his pasture, the flock under his care.

What did the writer of the Psalm thank God for?

Leader Note: In this Psalms prayer of thanksgiving and worship our woven together as we should be. We thank God for who he is and what he has done we are in fact worshiping him. Prayer should lead to worship and vise versa.

What do you have to thank God for in your life (make this personal)?

What keeps us from being thankful for what God has given us and done for us?

How can we maintain a prayer life and a heart that is thankful at all times?

PRAYER ACTIVITIES

Leader Note: Do not feel like your group must do all of these prayer activities throughout this series. Instead, I would pick one per week and dedicate a large part of the group to it.

Leader Note: The Prayer activities are mirrored to the prayer topic of the week. However, any of these prayer activities are a great way to end any small group discussion. Meaning you can use the prayer activities to end the group all throughout the spring.

Thanksgiving Prayer: Each student finishes the sentence, "I am thankful that God has _____." Leaders write them down as you go, and spend time in the end as a group praying out loud by thanking God for what He has given us.

Praise Prayer: Each student finishes the sentence I am thankful that God is _____. Leaders write them down as you go, and spend time in the end as a group praying out loud by praising God for who he is.