

Exploring Prayer 4 – Giving Thanks

‘Thanking is the point at which I acknowledge the lavish gifts of God and I find afresh the depth of that relationship which is not mine to him but his to me.’

This session covers thanksgiving and explores the place of gratitude in life with God. It covers in practical ways how to say thank you.

- How have you found praying in the last week? Share something you are especially thankful for at the moment.

When everyone has shared, watch *Exploring Prayer part 4: Giving Thanks*.

Discussion

The following questions may help to guide the discussion:

- How did you feel about what the Archbishop shared?
- Was there a moment in the video that challenged you?
- Was there a moment that you particularly relate to?
- How easily does gratitude come to you?
- Are you a glass-half-full or glass-half-empty kind of person? How does that impact your gratitude?
- What practices do you use to help you to be thankful?
- How might you become more thankful?
- What might you take away from the Archbishop’s words?

Bible

Read Psalm 138

- What is the psalmist thankful for?
- Why should we give thanks to God?
- How does giving thanks acknowledge our dependency on God and strengthen our relationship with him?

Response

As a group, speak out things you are thankful for. Or you could create a collage of post-it notes if people prefer to write down their thanks. Take time to stop and look at all the things you have to be thankful for,

Worship is a great way to express our thanks to God. Take some time to sing songs of thanks to God.

Resolve to increase the amount of time you spend in prayer this week.