

## Thanksgiving Conversations: *The Prayers of Thanksgiving*

Philippians 1:3-4 NLT

**“Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy.”**

**WORD:** God, what are You saying to me?

**Be thankful and pray for your friends and family when you think of them.**

**Discover:** God tells us to give Him thanks for our friends and family and to pray for them every time we think of them. When we obey Him in this, we get the blessing of joy!

**Dialogue:** Let’s name some people we are thankful for. Why are we thankful for them and what makes them special to us?

**Dive In:** Let’s pray for the people we are thankful for. Thank God for each person and ask God to meet the needs they have. Thank God for His answers that will come.

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**WHY:** God, why does this matter?

**Thankfulness brings us joy, which can get us unstuck from negative thoughts.**

**Discover:** God’s Word tells us to be thankful and pray for each other, but sometimes we may be stuck in negative thoughts toward others.

**Dialogue:** Where might we be “stuck” in negative actions and attitudes? Are we sad, angry or afraid? Unkind or disrespectful? Let’s talk about where we keep getting “stuck” in negativity or unthankfulness.

**Dive In:** Let’s begin a list of “appreciation phrases” to help bring focus to the things we are thankful for. These phrases could include things like: “Good job! I really appreciate you! Thank you for \_\_\_\_! I’m proud of you!” etc. Let’s practice saying these words of thanks to one another as we pray for each other. Doing these things will help us not be stuck.

## Philippians 1:3-4 NLT

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**WHAT:** God, what else does Your Word say about this?

**“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” (1 Thessalonians 5:16-18a NLT)**

**Discover:** God’s Word says a lot about thankfulness, prayer and joy. **In fact, it is His will for us to *always be joyful, thankful and prayerful no matter the circumstances.***

**Dialogue:** Let’s google a few verses on thankfulness, prayer or joy. As we read these verses, let’s talk about what God is speaking to us through them.

**Dive In:** Since it is God’s will for us to be people of joy, prayer and thanks, let’s practice each of the following for a minute apiece:

- **“Be JOYFUL”** Name the people and things that make you happy!
- **“PRAY”** Pray for yourself, a family member, then a friend.
- **“Be THANKFUL”** Tell God some things you are happy about as you praise Him!

**“Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy.” (Philippians 1:3-4 NLT)**

**WORSHIP:** God, how do You want me to respond to this truth?

**God is calling us to develop new habits of remembering, listening, thanking, and praying with JOY every day!**

**Discover:** Thankfulness, prayerfulness, and joyful hearts are ways we respond to God in worship. We can be thankful and joyful when we pray because we know that God is listening and answering our prayers.

**Dialogue:** As we practice new ways to remember each other and pray with thankful hearts, how is this affecting our attitudes toward God and one another? Tell a story about how you feel more thankful than you did at the beginning of this week.

**Dive In:** Create a song, a rap, or spoken word with our Scripture of the week. Use this to praise the Lord in worship. We worship and praise Him with joy because of what He is going to do in the lives of those we care about and in our own lives.

### **Family Disciple Me Blessing:**

“God has entrusted you to me, and I love getting to pray with thanksgiving over your life. I see what God is already doing in you, and I have so much joy as I pray because I know His work in you has only just begun. In Jesus’ Name, amen!”

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