

Types of prayers found in scripture

WEEK 2 – THANKSGIVING

Like adoration, thanksgiving is praising God for what He has done. God has done so much for each of us, not the least of which was sending Christ to save us from our sins. When praying, think of God's actions and recognize Him for that by giving thanks. This will also help you build an attitude of gratitude in your daily life.

Check out these prayers from the Bible for examples of thanksgiving:

Daniel 2:20-23 (NIV)

Daniel answered and said: *“Praise be to the name of God for ever and ever; wisdom and power are his. He changes times and seasons; he deposes kings and raises up others. He gives wisdom to the wise and knowledge to the discerning. He reveals deep and hidden things; he knows what lies in darkness, and light dwells with him. I thank and praise you, God of my ancestors: You have given me wisdom and power, you have made known to me what we asked of you, you have made known to us the dream of the king.”*

Luke 1:46-55 (NIV)

And Mary said: *“My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name. His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors.”*

Application

When you look back on your day for all the things that God has done, you may be surprised! There are so many things that He does that we are unaware of. Sometimes, the things we are thankful for create an overwhelming list!

It may be helpful to write down your list of things you are grateful for in a journal or try this: Take a jar, box, or other container. Write down on scraps of paper things you are thankful for, fold them up, and add them to the jar. Be sure to add one thing a day, minimum. Then, when you are praying, pull out a few paper scraps and thank God for those things. Let Him know you see and appreciate His hand moving in your life.