



Date 05/27/2020

Walk with Christ Series
Prayer: The Art of Thanksgiving

Thank the Lord, Transform Your Life

Rupert Sheldrake: “Positive Psychology” - what makes people happy. Thousands of studies show that a giving thanks and meditation have a positive effect on health, happiness, and long life.

*And we **know** that in **all things** God works for the **good** of those who love Him, who have been called according to His purpose. For those God foreknew he also predestined to **be conformed** to the likeness of His Son that he might be the firstborn among many brothers. - Romans 8:28-29*

Art – Be Grateful for God’s Guarantee of Good

Art of Thanksgiving

1. Thank God for Obvious Blessings

Exercise: “I’m thankful for _____ because _____.”

Exercise: Put beans in one pocket. Transfer a bean to another pocket each time you are grateful for something.

Exercise: Gratitude journal.

2. Thank God for the Hidden Blessings

➤ Art - Thank God for something you had, but lost.

- Art - Thank God for what you don't have.
- Art - Thank God for what someone else has.

There is a Grace in every Grief, and a Grief in every Grace.

The apostles left the Sanhedrin, rejoicing because they had been counted worthy of suffering disgrace for the Name. ~ Acts 5:41

3. Thank God for Trusted Blessings

What if you're simply not be able to find how anything good?

Art - *thank God ahead of time.*

There is a Grace in every Grief, and a Grief in every Grace.

Pray continually. Give thanks in all circumstances because this is God's will for you in Christ Jesus. ~1 Thessalonians 5:17-18

Lectio Divina

Roman 8:28-29

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. For those God foreknew he also predestined to be conformed to the likeness of His son that he might be the firstborn among many brothers.

1. Read passage aloud 2X. (What word or phrase stands out ... or not?)
2. Read the passage again. (What's the context of your life right now.)
3. Read the passage one last time. (How is God present or calling you?)
4. Close with a prayer or blessing.