

# Choosing Thankfulness

Thanksgiving Day is a wonderful holiday that we celebrate once a year. However, “thanksgiving” is a choice we make daily to give thanks or to not give thanks. For most of us, it is difficult to give thanks when we are walking through a trial, grieving, suffering or even experiencing spiritual warfare.

Today’s focus for ABIDE is choosing to give thanks as we walk through pain, trials and storms. Read Isaiah 40:25-31 aloud together as an opening prayer to God.

***“To whom will you compare me,  
or who is my equal?” asks the Holy One.***

***Look up and see!***

***Who created these?***

***He brings out the stars by number;***

***he calls all of them by name.***

***Because of his great power and strength,  
not one of them is missing.***

***Jacob, why do you say,***

***and, Israel, why do you assert:***

***“My way is hidden from the Lord,  
and my claim is ignored by my God”?***

***Do you not know?***

***Have you not heard?***

***The Lord is the everlasting God,***

***the Creator of the whole earth.***

***He never becomes faint or weary;  
there is no limit to his understanding.***

***He gives strength to the faint  
and strengthens the powerless.***

***Youths may become faint and weary,  
and young men stumble and fall,***

***but those who trust in the Lord***

***will renew their strength;***

***they will soar on wings like eagles;***

***they will run and not become weary,***

***they will walk and not faint.”***

## Prayers of Thanksgiving & Praise

Let’s pray some of the attributes of God that we see in Isaiah 40:25-31. God, we praise you and thank you for \_\_\_\_\_ (fill in the blank with an attribute of God from Isaiah 40:25-31).



Provided by Kingsland Baptist Church

## Prayers for Strength with Thanksgiving

Isaiah 40:31 says, ***“But those who trust in the LORD will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.”*** Let’s ask God to help us and thank Him for giving us His strength where we are weary.

God, I am weary and need your strength in \_\_\_\_\_, and I thank you for giving me your strength so that I can soar, run and walk through your grace and power within me. (Fill in the blank with whatever you need God’s help with and thank Him for giving you His strength).

## Prayers for One Another

Isaiah 40: 29 says, ***“He gives strength to the faint and strengthens the powerless.”*** One of the ways that God gives strength to the faint and the powerless is through intercessory prayer. When we pray for one another God uses those prayers in a mighty way to strengthen the faint and release His power to the powerless. Let’s pray for one another and ask God to give us His strength and His power.

- 1) Gather in groups of 3, and pray for one another by asking God to give us His strength and His power.
- 2) After you pray for one another, thank God for what He is doing in one another’s lives. Thank God for His strength, His grace and His power that is at work within us.

## Closing Prayer

**Teacher or Director: Pray for the people in your small group/class. Here is a prayer you can use or pray as the Spirit leads you.**

Lord, thank you for the men and women in this class. Thank you for their lives and the gift they are to you and your Kingdom. I ask you to bless them with your peace, your strength, your grace and a greater revelation of your love for them. Comfort those who are grieving, bind up the brokenhearted and strengthen the weak. Give us a spirit of praise and fill our hearts with gratitude for what you’ve done for us through Christ Jesus. Open our hearts and minds to how you are speaking to us today. Help us hear you, trust you and follow you, In Jesus’ name, Amen.