

PRAYERS OF THE FAITHFUL

Prayers of the Faithful - Paul

Read Acts 16:16-40

- Why does Paul choose thanksgiving when he is arrested, beaten and put in prison?
- How did this situation help Paul get to a place where he could say, give thanks in all circumstances, for this is God's will for us in Christ Jesus?

To shape your own heart and life, read one of Paul's "thanksgiving passages" each day:

- Monday: Philippians 1:3-6
- Tuesday: Ephesians 1:15-17
- Wednesday: Colossians 2:6-7
- Thursday: Colossians 3:16-17
- Friday: Philippians 4:6-7
- Saturday: 1 Thessalonians 5:16-18
- Sunday: Romans 8:28

Paul learned that God's grace was sufficient even when his prayer for healing was not answered. Have you ever experienced God's strength in weakness?

Choose one difficult situation you are facing today and intentionally pray a prayer of thanksgiving about it? (This doesn't deny the difficulty, but acknowledges that God is still present and at work.)

What are some practical ways you can build "prayerful gratitude" into your daily routines?

Why do you think God designed gratitude to affect us physically, emotionally, and spiritually?

For further study, check out this article from the American Brain Foundation: americanbrainfoundation.org/does-gratitude-rewire-your-brain/

