

# Weekly Prayer Plan – Thankfulness Exhortation

## How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: \_\_\_\_\_

Place: \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

*Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.*

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

Meditational Verses

Monday: Matthew 6:26-30

Tuesday: Romans 5:20

Wednesday: Lamentations 3

Thursday: Luke 17:11-19

Friday: John 10:1-10

Saturday: Psalms 91

Sunday: 1 Thessalonians 5:16-18

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*

# Bible Verses & Notes - Thankfulness

## Exhortation

We have so much to be thankful for. Oftentimes we don't stop and take a look at our lives to see all that we have. All that God has provided for us. You may have heard this before. *"Count your blessings one by one. It will amaze you what the Lord has done."* And indeed he has done so much for us. We forget to thank him for the little things that we do so have. The automatic subconscious things that we do every day without thinking about it. And the big things that we finally achieve. We have a tendency to forget to say thank you. So today I have an exhortation for you about this.

Thank God for mercy and grace and his forgiveness and unending love. In Lamentations 3:22-23, it says that God's love is steadfast and his mercies are new every morning. That means his love for us never changes. It remains the same. As the young kids would say *"He keeps his live one hundred."* And he has new mercies for us every morning. That means that every day regardless of the mistakes or sins we had yesterday, he has a full and sufficient supply of mercy that he is willing to extend to us today. When we drop the ball and think God's grace will run out, he tells us in his word that, where sin abound, grace did much more abound in Romans 5:20. His faithfulness and amazing love endures forever. We have to be thankful to God for this. Thankful. For his mercy and grace every day because we couldn't pay the price for our sins. Thank him for his love and faithfulness, that he won't leave us stranded or abandoned because he loves us so much. If you look back on your life you'll see that just this alone should cause you to give God so much praise and thanks. God is amazing!

But that's not it. If you have a roof over your head clothes on your body and some food to eat. You have to be thankful to God for providing. Matthew 6:26-30 talks about how God cares for the birds of the air and flowers of the field. We are worth so much more than them and God has taken so much more care of us. We have to say thanks for running water and electricity because there are people in the world who don't have steady access to these resources. Some people don't have a warm bed to sleep in but if you do you have to be grateful to God say thank you. Don't take these everyday things for granted. It's God providing for us. Even if you sleep in a shelter, God has prepared a place for you there. He is faithful to watch over you and keep you as you rest your head. Continue to be thankful for every way that God has provided for you and kept you.

Now most of us fall in this category but don't know it. We are already blessed with abundance. Jesus said in John 10:10 that he came to give us life and life abundantly. I'm not going to go into the full extent to what this means, but we have to realize that most of us are extremely and abundantly blessed already. If you have more than one pair of shoes you are abundantly blessed. If you have a choice of what you will wear today you are abundantly blessed. If you have a smart phone or computer to listen to this right now you are abundantly blessed. Don't look at what other people have and compare what they have to what you don't have. Look at what you have with contentment and thanksgiving because we have a lot already. 1 Timothy 6:6 says "godliness with contentment is great gain." We need to remember to be content with our situation and remember that God has already provided greatly for us.

We also have to remember that there are so many things that we can't see that God has blessed us with. We should give him thanks that we woke up in our right mind today. We need to thank him that we have the wisdom of God flowing through us every day. The very Mind of Christ. God has given us his Word for us to use to govern our lives and to use when making decisions. This is also a blessing and something that we should thank God for every day. As we go about our days God has assigned angles to us as it is said in Psalms 91. And these angles keep us from trouble that we see or don't even get a chance to see. We need to remember to say thank you. If you have anyone praying for you this is also something that is intangible that we have to thank God for. There are people who maybe don't even know you personally but they are praying for you. If we sit and think about it, there are so many other intangible things that we can say thank you to God for.

And finally we have to thank him for eternal life. That our name are written in the Book of Life. That Jesus paid the price for our freedom and our eternity. That we can live in relationship with God now and forever. This is one of the greatest things that we have to thank God for every day.

If you have a job this is something that you absolutely have to thank God for. There was a time that you were unemployed and were praying for any job. Now that you have one, don't hate it. Be thankful for it. You can work and develop yourself to get a better job but remember to be thankful for the job you have. It's paying you something that you can use to support your life. Give Thanks!!!

So when we consider it all, there's a lot that we can say thank you for. When we sit down and think about it, we can see that God has blessed us tremendously, there are things that we have that other people in the world don't even have the opportunity to have. And we have Gods protection and eternal life secured. We are thankful!!