

part 3
Prayer 101
Energizing Your Prayer Life with Gratitude



Colossians 4:2
Devote yourselves to prayer, being watchful and thankful. (NIV)

1. Realize _____

2. Ponder _____

3. Be _____

Application Questions

These questions are provided for your further study and application of today's message. Thoughtfully writing out the answers to these questions will help to drive home the point of today's message. It is also helpful to discuss your answers with others. This can take place with friends, your family, accountability partners, or ministry groups within the church.

1. In what ways have you felt the "injustice in ingratitude" in everyday, human relationships and situations?

Write out a prayer that expresses your commitment to give God the gratitude he deserves.

2. Read Psalm 103:10. If we truly deserve only wrath and rejection from a holy God, what kind of emotions should accompany the words of Psalm 103:10? Describe the difference between profoundly understanding this truth and superficially acknowledging it.

3. Itemize the ways God has been kind to you in the following areas:

- *The things you did not receive, which you did deserve...*

- *The things you did receive, which you did not deserve...*

- *The things you will one day receive, which you could have never earned...*

4. Describe a personal strategy for replacing complaints, criticism and negativity with more praise, thanksgiving and gratitude in your life.

Read through the Bible in a year! Here is this week's schedule.

Sunday

Micah 7 & Rev. 7

Monday

Nah. 1-2 & Rev. 8

Tuesday

Nah. 3 & Rev. 9

Wednesday

Hab. 1-3 & Rev. 10

Thursday

Zeph. 1-2 & Rev. 11

Friday

Zeph. 3 & Rev. 12

Saturday

Hag. 1-2 & Rev. 13

Here are some resources which may assist you in saying "thanks" to God as a regular part of your prayer life.

Bridges, Jerry. "Thankfulness," in **The Practice of Godliness**. Colorado Springs: NavPress, 1983.

DeMoss, Nancy. **The Attitude of Gratitude: Developing a Thankful Heart**. Buchanan, MI: Life Action Ministries, 2000.

Jarrell, Jane. **50 Ways to a Thankful Heart**. Eugene, OR: Harvest House, 2000. *[This book is designed to help elementary-age children learn to be grateful.]*

Spurgeon, Charles. **Power in Praising God**. New Kensington, PA: Whitaker House, 1998.

Tozer, A. W. "Thankfulness as a Moral Therapeutic," in **The Root of Righteousness**. Harrisburg, PA: Christian Publications, 1955.

Walker, Laura. **Ferris Wheels, Daffodils, & Hot Fudge Sundaes: A Journal of Gratitude**. Grand Rapids: Baker Books, 2002.