



## Week 1 – Thankful Prayer

### Announcements

**Lead a Transformed Group** – the next big thing at Church of the King! Beginning January 3-4, we will be kicking off our next Spiritual Emphasis Series looking at an exciting book called *Transformed*. Consider stepping out to lead a small group during this 7-week series. Training classes for anyone interested in leading will be offered on the following dates:

- **Little Creek Campus | 5pm in Globe345** November 23 and December 7
- **Little Creek Campus | 9am in Annex Studio B** January 4

### Warm-up

What are some of your favorite Thanksgiving traditions? What do you look forward to when this time of year rolls around?

### Word and Application

The dinner table is one of the most powerful symbols of the Thanksgiving holiday. Families gather together at the table, many reunited from across the miles, to celebrate all of the good things that have happened to them over the past year.

The historical origins of Thanksgiving stretch back 400 years. However, the power of the table to bring people together to give thanks stretches back even farther than that. In fact, Jesus understood the power of the table.

**Read Luke 22:15.** Remember that the Last Supper took place just hours before Jesus' death. Christ knew that His time on Earth was coming to an end.

- Why do you think that Jesus chose to spend His final hours with His closest friends? What does this say to you about the power of fellowship?

At the Last Supper, Jesus prayed with His disciples. An intimate setting like the dinner table can be a great place for prayer. This is particularly true for Thanksgiving. At a time when we gather together to give thanks, what better opportunity to express our gratitude towards God.

**Read Philippians 4:6-7.** This passage provides a powerful antidote to anxiety – thanksgiving.

- What is the connection between giving thanks and defeating worry? How can you put this into practice?

**Read 1 Timothy 2:1.** Some translations use the words “supplication” and “intercession.” These both describe the kind of prayer that involves asking God for something – to meet a need, heal the sick, etc.

- Do you find that you tend to give thanks to God for the things He has done for you as often as you ask Him to meet your needs?

Three attitudes that can steal away our thankfulness are:

- Pride and Entitlement – this is the attitude that says “I’ve worked hard for what I have and don’t need to thank anyone but myself for it.”
- Criticism and Complaining – this is the attitude that always finds something wrong in any situation, no matter how good.
- Familiarity – this is an attitude of complacency. Taking things for granted and forgetting that all good things come from God.

**Read Psalm 107:1.** This verse is telling us that our thankfulness needs to be expressed. We need to take time to speak our thanks to God on a regular basis.

**Read 1 Thessalonians 5:18.** What do you think it means to be thankful in all things? What does that look like on a practical basis?

**Read Romans 8:18.** How does this Scripture help shape our perspective about the things that are troubling us right now?

If we take time to give thanks each day, we will find our perspective on God and on our surroundings changing. This Thanksgiving, let’s get into the habit of thanking God.

## Prayer

Close with a time of prayer that focuses on giving thanks to God for what He has done.