

3. Pray thankfully

Philippians 4:6-7

- 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.
- 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Let thankfulness precede your praying

1. Thankfulness acknowledges your Source

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

2. Thankfulness adjusts your spirit

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

Let thanksgiving permeate your praying

1. Be thankful for your privilege in prayer

Romans 8:15 You did not receive a spirit the makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." 16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Hebrews 4:16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Matthew 6:6 When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

2. Be thankful for your past and present provisions

Matthew 5:45 Your Father in heaven causes his sun to rise on the evil and good, and sends rain on the righteous and the unrighteous.

Romans 10:11 As the Scripture says, "Anyone who trusts in him will never be put to shame." 12 For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, 13 for, "Everyone who calls on the name of the Lord will be saved."

3. Be thankful for your precious promises

2 Peter 1:4 He has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

Philippians 4:19 And my God will meet all your needs according to his glorious riches in Christ Jesus.

4. Be thankful for your prevailing peace

Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Let thankfulness power your praying

1. Thankfulness blesses your Father

Psalm 16:2 I said to the LORD, "You are my Lord; apart from you I have no good thing."

2. Thankfulness brightens your focus

1 Thessalonians 5:18 Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

3. Thankfulness bolsters your faith

Mark 8:17 Jesus asked them: "Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened? 18 Do you have eyes but fail to see, and ears but fail to hear? And don't you remember? 19 When I broke the five loaves for the five thousand, how many basketfuls of pieces did you pick up?" "Twelve," they replied. 20 "And when I broke the seven loaves for the four thousand, how many basketfuls of pieces did you pick up?" They answered, "Seven." 21 He said to them, "Do you still not understand?"

4. Thankfulness breaks your frustration and brings freedom and festivity

Psalm 28:7 My heart leaps for joy and I will give thanks to him in song.