

GOING DEEPER: Sunday 29 October 2023

INTRODUCTION

Gratitude relates to our ability to feel and express thankfulness and appreciation. The Bible has many verses that encourage us to give thanks.

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

'Give thanks to the Lord for he is good; His love endures forever.' **Psalms 107:1**

PRAYER

Lord, I want to cultivate a grateful heart. Please help me, Lord, and open my eyes so that I can see all that I have to be thankful for. Enable me to recognise your hand of blessing in my day-to-day life. Help me to express gratitude to you daily, for that is your will, Amen.

REFLECTION

Psalm 100

A psalm. For giving grateful praise.

Shout for joy to the LORD, all the earth.
Worship the LORD with gladness;
come before him with joyful songs.

Know that the LORD is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
For the LORD is good and his love endures forever;
his faithfulness continues through all generations.

- What does Psalm 100 say to you about thanksgiving?
- What is your favourite Bible verse about thanksgiving?
- Look up the words 'thanks' and 'giving' in a concordance or search on your computer (biblegateway.com).
Read these verses out loud as a prayer of thanks.
- Use the space below to write your own Psalm, expressing to God what you are thankful for.

SPIRITUAL PRACTICE **Gratitude diary**

Keeping a diary of experiences that you are grateful for can have lasting positive effects on your wellbeing. Having an attitude of gratitude can be a spiritual practice.

- Keep a gratitude journal. A template you can use is included for you on the next page.
- Each day, list three to five positive experiences from the day.
- Write what you are thankful to God for.
- Use what you have written as a basis for a prayer of thanksgiving.
- Write thank you prayers for answered prayers.

PRAYER POINTS

- Give thanks that we have been serving in New Zealand for 140 years, Fiji for 50 years, Tonga for 37 years, and Samoa for five years.
- For the plans for the Fiji 50th Anniversary Celebrations
- Safe travel for people going to the 50th Anniversary celebrations.
- Give thanks for our Salvation Army International Leaders.
- Give thanks for our Territorial Leaders.
- Give thanks for lives that have been transformed by God through the work of The Salvation Army.

PRAYER OF THANKSGIVING

(Adapted from the Anglican Prayer Book)

Christ is the living water
cleansing, refreshing, making all things new.
Christ is the living bread;
food for the hungry,
strength for the pilgrim and the labourer.

So now we offer our thanks
for the beauty of these islands;
for the wild places and the bush,
for the mountains, the coast and the sea.

We offer thanks and praise to God for this good land;
for its trees and pastures,
for its plentiful crops
and the skills we have learned to grow them.

Our thanks for the cities we have built;
for science and discoveries,
for our life together,
for Aotearoa New Zealand, Fiji, Tonga and Samoa.



**PRAYING
TOGETHER**
He Waka Eke Noa

know him.
ask. "This is how you should pray:
"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our debts,
as we also have forgiven
our debtors.



The Salvation Army New Zealand, Fiji, Tonga and Samoa Territory
www.salvationarmy.org.nz

GRATITUDE JOURNAL

Give thanks to the Lord, for he is good; his love endures forever. Psalm 107:1

WHAT I AM GRATEFUL FOR TODAY:

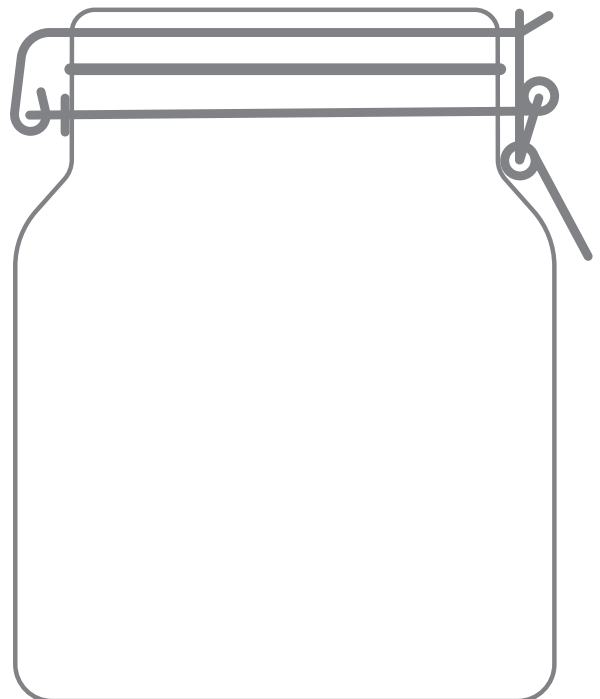
**WRITE DOWN ANSWERS TO
PRAYERS YOU MAY HAVE:**

Thank God for these things.

Thank God for these answers.

PEOPLE WHO I AM GRATEFUL FOR:

THANKS JAR:



Thank God for the people in your life.

Draw something you are thankful for.