

ABIDE Prayer Guide

A Thankful Heart

Throughout Scripture, God tells us to thank Him. We are to thank God for who He is, what He has done on our behalf and to thank Him in every circumstance of our lives.

Pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:17-18)

As God's sons and daughters, our Father is the source from which we receive the grace to have a "thankful heart." As we bring our hearts to our Father in prayer (vs. 17) and trust in Him – His goodness, His power, His grace, His provision- our hearts are changed. We can have thankful hearts because it is God's will for us through the power of Christ Jesus in us.

For the month of November, our focus for ABIDE is "a thankful heart." May we bring our hearts more often to our Father through prayer and allow the Spirit to work in our hearts in such a way that we become sons and daughters who have thankful hearts.

Aligning our Hearts with God

Let's begin ABIDE by taking a moment to quiet our hearts and minds before God. Simply take a deep breath and exhale slowly. You may want to pray a "breath prayer" as you inhale and exhale, such as, "Father, thank you."

Note: If you are leading a small group through ABIDE, pray the first prayer below over those you are leading. If you are praying ABIDE alone, use the second prayer.

Small Group Prayer: *Father, we love you and we need you. Holy Spirit, fill us and lead us as we gather to pray and study Scripture. We dedicate this time to you and what you have for us to receive from you as your sons and daughters. Remove any distractions and help us to focus our hearts on you. In Jesus Name, Amen.*

Personal Prayer: *Father, I give my heart to you. I surrender every area of my life to you. I choose to trust you with my whole heart and with everything in my life. You are my good, good Father who loves me. Thank you for being faithful, all-knowing and all-powerful. Remove any distractions from me and help me focus on you. Holy Spirit, fill me and help me discern your voice as I pray. In Jesus' Name, Amen.*

Prayers of Thanksgiving

You are my God, and I will give you thanks. You are my God; I will exalt you. (Psalm 118:28)

Take a moment to be still before God. What are you grateful for that God has done in your heart, your life, your family? How has God changed you? How has your life been changed because of the love, mercy and grace of God?

Prayer: God, thank you for _____ (fill in the blank with some of the things that you are grateful for as you think of God and what He has done for you and given you). I/we exalt you. In Jesus Name.

Prayers for My Heart

I will give you thanks with all my heart. (Psalm 138a)

Psalm 138a tells us to thank God with all of our heart. In order to thank God with all of our heart, we need to give all of our heart to God. What do you need to surrender to God today? What is distracting you? What burdens are you carrying? Let's take a moment to surrender our hearts fully to God and thank Him for His grace, provision, presence, power – for being all we need and giving us all we need.

Prayer: God, I surrender _____ (fill in the blank with what the Spirit is revealing to you that you need to surrender). God, thank you for your _____ (fill in the blank with what your heart needs – God's presence, peace, provision, strength, love, etc). Help me to receive what you desire to give me today. In Jesus Name.

Prayers for Other's Heart

Then we, your people, the sheep of your pasture, will thank you forever; we will declare your praise to generation after generation. (Psalm 79:13)

Because Thanksgiving is in the month of November, we have an awesome opportunity to share with others the hope of the Gospel. We can do this by simply sharing with someone one thing we are thankful for that God has done in our lives or is currently doing in our lives.

Ask the Spirit to bring to mind one person who you can pray for this week. Ask God to give you an opportunity to share with this person something that God has done in your life or is currently doing that you are thankful for.

Prayer: God, I pray for _____ and ask that you reveal yourself to him/her. Work in his/her heart and give him/her a desire to know you. Open the way and provide an opportunity for me to share with him/her something I am thankful for about you. In Jesus Name.

Closing Prayer

Father, thank you for the gift of gratitude. Thank you for your grace that works within our hearts in such a way that we can have thankful hearts. We want to be people who have thankful hearts, so please help us to have thankful hearts. We love you. In Jesus Name, Amen.