

Priorities of Faith

DAY 8 — PRACTICING AN ATTITUDE OF THANKFULNESS

“We are receiving a kingdom that cannot be shaken. So let us be thankful. Then we can worship God in a way that pleases him. Let us worship him with deep respect and awe.” (Heb. 12:28)

A Positive Attitude

There is an attitude that is very important to God. The Bible tells us many times to have this specific attitude because it makes God happy and blesses us. This attitude is thankfulness. The book of Hebrews says, “We are receiving a kingdom that cannot be shaken. So let us be thankful. Then we can worship God in a way that pleases him. Let us worship him with deep respect and awe” (Heb. 12:28). Being thankful pleases God and makes our own lives better because it helps us focus on what is positive. The same as a muscle becomes stronger when you exercise it, you become more thankful when you remember your blessings.

God asks His children to be thankful. In 1 Thess. 5:18, the apostle Paul writes, “In everything give thanks; for this is God’s will for you in Christ Jesus.” Giving thanks means remembering that someone did something good for us and saying thank you with thoughtful words. Having an attitude of thankfulness helps us to see the beautiful things in nature and in other people. This attitude allows us to be thankful for simple blessings without wanting everything to be perfect. This is important because life will never be perfect until we get to heaven. But life does not have to be perfect for us to enjoy it! We can experience beauty in many ways: the sweet smell of a flower, the greatness of the starry sky on a clear night, the warm look in a friend’s eyes—all of these remind us of the beauty God has prepared for those who love Him.

A Change of Our Attention

By being thankful, we stop focusing on things we wish we had but do not have, to give attention to the real blessings we do enjoy. Thankfulness grows when we realize how much God gives us and when we want to learn more about the specific ways God shows His love to us. This kind of thankfulness opens our view of life and makes us enjoy things more and to be more satisfied.

A recent *New York Times* article* said studies show that thankfulness is good for the health of the person giving thanks and the receiver, and it may also be good for those who see it. When people see someone giving thanks it can make them feel more warm and more connected toward both the giver and receiver of thanks. Why not do what God has asked us to do? Developing an attitude of thankfulness will make our relationships with people around us better and make the world a little more enjoyable. Thank God for the gift of thankfulness.

Let’s pray together.

*Christina Caron, “Gratitude Really is Good for You,” *New York Times*, June 8, 2023.

Prayer Time (30–45 Minutes)

All prayer groups have different ways of praying together. We want you to spend the next 30-45 minutes praying together, however the Holy Spirit leads you. Short informal prayers (1-3 sentences) are good. This way, more people can pray many times. Below are some examples of praying with Bible verses based on the theme. You may also pray through other Bible verses and include other topics in your prayer time. See the Leader's Guide and World Church Prayer Requests for other prayer ideas.

Praying God's Word — Heb. 12:28

"We are receiving a kingdom that cannot be shaken. So let us be thankful. Then we can worship God in a way that pleases him. Let us worship him with deep respect and awe."

"Let Us Be Thankful"

Our loving God, it is hard to give You enough thanks for all You do for us. Forever is not enough time to give You the thanks we owe You. Yet, we pray You will be pleased with our thanksgiving. Please help us to stop being negative, judgmental, and proud, so we can see all our blessings we can be grateful for. Help us take time to say thank you to You and other people more than we complain and ask for things. Help us to grow a true attitude of thankfulness. Amen.

"We Receive a Kingdom That Cannot Be Shaken"

Lord, You are a generous God. You give us salvation at an eternal cost to You, and You also give us Your kingdom. We do not fully understand all that You give us. Please remind us daily how special it is to be Your child. Thank You for Your great love and blessings. Amen.

More Prayer Suggestions

Thanks and Praise: Give thanks for specific blessings and praise God for His goodness.

Confession: Take a few minutes for private confession and thank God for His forgiveness.

Guidance: Ask God to give wisdom for today's challenges and decisions.

Our Church: Pray for local and world church needs (see separate sheet with requests).

Local Requests: Pray for needs of church members, family, and neighbors.

Listen and Respond: Take time to listen for God's voice and respond in praise or song.

Song Suggestions

SDA Hymnal: Joyful, Joyful (#12); Rejoice, Ye Pure in Heart (#27); Come, Ye Thankful People (#557)

Other Songs: Give Thanks With a Grateful Heart; Thank You, Lord, for Saving My Soul; Count Your Blessings