

A Prayer of THANKS

6 categories of things that merit our gratitude



T is for Trials

O LORD, help me to rejoice when I fall into various trials, knowing that You use such hardships to cultivate in me the fruit of Your Spirit and to conform me to the image of Christ. Help me bear up without complaint and shine as a light in this dark world. Let me feel Your presence, even as I walk through the valley of the shadow of death. (James 1:2-3; Galatians 5:22; Philippians 3:9-10; Philippians 2:13-15; Psalm 23:4)

H is for Health

God, thank You for the body You've given me. Help me to steward my health well. I pray You would bless me with all the strength and endurance I need to fulfill Your calling on my life — the good works You prepared beforehand for me to do. Help me be mindful of the fact I am fearfully and wonderfully made by You. (Ephesians 2:10; 1 Peter 4:10; Romans 12:1-2; Psalm 139:13-14)

A is for Abilities

O Lord, thank You for the unique gifts and abilities You've given me; help me to use them wisely. Don't let me hide or squander the talents You've entrusted to me, but show me how to develop, invest, and use them in service to You and my fellow man. (Matthew 25:14-27; Proverbs 22:29; 1 Peter 4:10)

N is for Neighbors

O LORD, thank You for the neighbors You've given me. Please help me to love them as I love myself. As far as it depends on me, help me to live in peace with them. May I uplift & encourage those who know You and point to Jesus those who don't. May I consider others as more important than myself and put their needs ahead of my own. (Galatians 5:14; Romans 12:18,15:1-2; Philippians 2:3-4)

K is for Kindnesses

God, thank You for all Your tender mercies toward me. Your lovingkindness is everlasting! May I never take it for granted, nor the kindnesses shown to me by others. Give me a heart of gratitude, humility, and compassion, and make me quick to extend kindness and offer encouragement to everyone I meet. (Lamentations 3:22-23; Psalm 118:1, 145:9; Colossians 3:16-17; Ephesians 4:32; Hebrews 10:24)

S is for Salvation

Thank You, LORD, for loving me so much that You would send Jesus to die in my place. Thank you for saving me. soul, for forgiving my sin, and for cleansing me from all unrighteousness. Lead me in Your truth and teach me, O God of my salvation! You are my rock, my fortress, my deliverer, my shield, and my stronghold, and I will praise Your name forever. (John 3:16; 1 John 1:9; Psalm 18:2, Psalm 25:5; Psalm 72:19)