

Prayer: Building gratitude into your church week

pathways



1. Personal prayer
2. Encouraging others to give thanks during the week
3. In church services
4. Via your church WhatsApp or social media groups

Often our prayers can include just a token 'thank you' before quickly developing into a list of requests. We can acknowledge and thank God for his extraordinary generosity by focusing on gratitude. Noticing God's generosity can make us feel more cheerful and optimistic - and lead us to a more generous way of living.

Include gratitude and generosity at all times

Special prayer meetings can be helpful, but including gratitude and generosity when a church is already praying is a sustainable and spiritually nutritious way of bringing this ministry before God.

Depending on the rhythm of your church week, you might consider starting to include an element of gratitude in some of the following:

1. Personal prayer

- Try asking yourself daily what you are thankful for.

"I will meditate on the glorious splendour of Your Majesty and on Your wondrous works. Men shall speak of the might of Your awesome acts, and I will declare Your greatness. They shall utter the memory of Your great goodness and shall sing of Your righteousness."

Psalm 145:5-7

2. Encouraging others to give thanks during the week

- Small groups, prayer partners or triplets, home groups, midweek bible studies ... all can be asked to include gratitude in their prayers.
- It doesn't have to be complicated or intimidating. Perhaps each person could say one thing they're grateful to God for that day, and the group could join together with them in saying thank you.

3. In church services

- If you have a notice sheet or announce notices, you could include a couple of gratitude points for people to use in their prayers during the week.
- Ask your intercessors to remember to thank God for answers to prayer, both in the parish and more widely. And if someone on the prayer list has recovered from illness, you could explicitly thank God that they are now well.
- Here is an example of a 'Generosity Collect'; feel free to personalise or write your own.

Lord Jesus,

You have shown us how to live and love generously, giving up everything – even your life – for us.

It is your loving generosity that has given us life.

We pray that you may give us the gift of generosity so we, too can live generously, a life full of love for you and for all your people.

We pray that your church may glow with generosity and that your love and care for all may be seen and found there.

Thank you for the incredible privilege of being called to share your generosity with all your creation.

Please help us to inspire and encourage each other to live the generous life you have called us to.

Amen.

- At the Preparation of the Table, there is the opportunity to give thanks for the gifts that are provided by the worshipping community. For example:

Generous God, creator, redeemer, sustainer, at your table, we present our gifts, symbol of the work you have given us to do. Use it, use us, in the service of your world to the glory of your name.

4. Via your church's WhatsApp group or social media groups

- Invite people to say one thing they are grateful to God for this week.

Use can these images:

- [Social media post 1](#)
- [Social media post 2](#)

Remember:

Stay GDPR compliant

Always obtain written permission from the relevant person before circulating any personal details.