

40 HOURS OF PRAYER AND WORSHIP

May 2026

Option #1: Type of Prayer

Thanksgiving Prayer

This prayer guide is part of our 40 Hours of Prayer and Worship. You are welcome to follow this guide or simply use it as a starting point and let the Spirit lead your time.

As God calls us into community together, He also calls us to be faithful in the spiritual practices of prayer and worship. During this time, we invite you to pray for God's good work at New Life Church, giving thanks for the work that has already been done, lifting up the work happening now, and entrusting the work that lies ahead to Him. May this be a time of listening, gratitude, and renewed trust in the God who is always at work among us.

Read/Reflect (5 minutes)

1. As you pray, take time to center this time around praying to the Lord. Set a timer for 5 minutes, sit in silence, calm your mind, and focus on this time of prayer.
2. As you begin, invite God into this time, e.g. "Lord, be with me"
3. If you feel called, spend some time reading some passages about thanksgiving: Psalm 100, 1 Thessalonians 5:16–18, Philippians 4:6–7, Colossians 3:15–17, Psalm 136, James 1:17, Luke 17:11–19, Ephesians 5:19–20, Psalm 103:1–5

Noticing (5-10 minutes)

- Often, noticing the things in your life and surroundings to be grateful for seems simple, yet once you begin, it can be hard to stop.
- Take a few minutes to reflect on the things you are grateful for. Write them down if it helps. What in your life brings you gratitude?
- Think about different areas of your life: your work environment, your home life, relationships, creation, your community, or even small daily comforts.
- Sometimes it is even important to thank God in the midst of difficult things. For example: "Thank You, God, for this cold - for all the times I can normally breathe easily without even thinking about it."

Personal Response (15-20 minutes)

1. Once you have your list, spend time thanking God for each specific thing. Rather than simply praying, "*Thank You for everything,*" take time to thank Him for why you are grateful for each gift, person, experience, or provision.

Closing Prayer (5 minutes)

Let this simple prayer help begin your closing prayer: Thank You, God, for giving me the ability to be grateful, for all that I have, and for the many ways You continue to provide and care for me.....