



The Prayer Room

Brought to you by the Good News Bearers
January 27 - February 2, 2008

**- ACTS -
A Pattern for Prayer**

**A - Adoration
C - Confession
T - Thanksgiving
S - Supplication**

We come to the third step of our prayer pattern.

Thanksgiving: (1 Thessalonians 5:16-18) In a spirit of love and praise and with assurance of his forgiveness for the sins we have confessed, we are free to give God thanks.

Think of specific things to thank him for. The old hymn gives us priceless counsel as it urges us to "Count your many blessings, count them one by one" I thank God daily for just this gift of mind-therapy. Nothing has dispelled doom, gloom and the 'blahs' more readily for me than pausing to recount all of the gifts God has sent my way.

Start with the everyday things we take so much for granted, like food, shelter, clothing, job, family and friends, health, freedom. Try it! The list will go on and on. And as you begin to appreciate all you have been given, your mind and heart will be lifted. You may even find yourself thanking God for the hardships you have endured, for they can be valuable learning points and turning points in our lives.

Sunday

Heavenly Father, I thank you that we are able to worship you and pray to you in peace and freedom, without fear or oppression.

Monday

Help me to use wisely what you have given to me and to protect what has been given to others, as you have commanded.

Tuesday

God of comfort, look with compassion on the sick, the lonely, the sad-hearted, and the forgotten, and teach me how to comfort them with the comfort you have given to me.

Wednesday

Holy Spirit, guide all of the leaders in our faith community here at St. John's. Grant them wisdom, patience, courage, and the peace and joy of your presence among us.

Thursday

Lord Jesus, you have shown us a special joy and feeling for young children. Be both teacher and counselor to our youth, and help them to follow in your way.

Friday

I give you thanks for your church on earth. Unite us in one communion of believers.

Saturday

Master, you whose feet have trod so many paths, look with favor on those who travel and bring them safely to their destinations.