

## Thanks A Lot Week 1

A series on biblical disciplines as a form of gratitude and worship.

Thankfulness is similar to \_\_\_\_\_.

Worship is a \_\_\_\_\_ to what God has done and what He is still doing.

Thanks through prayer –

Be anxious for nothing, but in everything by prayer and supplication, with **thanksgiving**, let your requests be made known to God; Philippians 4:6

God desires that we respond to what He has done for us through simple conversation. That is just one way we can show our gratitude and worship.

Today we will be looking at the Lord's Prayer as an outline to learn how to expand our conversations with God.

### **Matthew 6:9-13**

New International Version (NIV)

<sup>9</sup> “This, then, is how you should pray:

“Our Father in heaven,  
hallowed be your name,  
<sup>10</sup> your kingdom come,  
your will be done,  
on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> And forgive us our debts,  
as we also have forgiven our debtors.

<sup>13</sup> And lead us not into temptation, <sup>[a]</sup>  
but deliver us from the evil one. <sup>[b]</sup>

## Station 1 – Names

**Instructions:** At this station, you will be focusing on addressing God. You will learn that sometimes there is a need for more than just saying His name. Often times His name has a title attached to it.

### **THE LORDS PRAYER**

9 “This, then, is how you should pray:

“Our Father in heaven,  
hallowed be your name,

“Our Father in heaven,” is simply a title for God. What would you call God if He was right next to you?

“Hallowed be your name,” is an expression of adoration. Meaning he is telling God how great he is.

Look at the names for God we have printed. Take some time to reflect on each of them. Write down 2 that stick out to you and why they appeal to you. On the third line, think of a title you can give God. How would your word for God show his greatness?

- 1.
- 2.
- 3.

Print these on different papers

**ELOHIM. - a reference to God's power and might.**

**ADONAI – a reference to the Lordship of God.**

**JEHOVAH - a reference to God's divine salvation.**

**JEHOVAH - The Lord our sanctifier**

**JEHOVAH-ROHI -The Lord my shepherd"**

**JEHOVAH-SHAMMAH - The Lord who is present**

**JEHOVAH-RAPHA - The Lord our healer**

**JEHOVAH-TSIDKENU -The Lord our righteousness**

**JEHOVAH-JIREH - Lord will provide**

**JEHOVAH-SHALOM - The Lord is peace**

**EL-ELYON -The most high God**

**EL-ROI -The strong one who sees**

**EL-SHADDAI -The God of the mountains or God Almighty**

**EL-OLAM -The everlasting God**

## **Station 2 – Sovereignty**

**Verse 10** Your kingdom come,  
Your will be done,  
on earth as it is in heaven.

**Instructions:** The next part of the prayer will focus on two things. One, it will focus on the events in this world. Two, it will help us understand that God is in control.

1. The events in this world. This world is going through some crazy stuff right now. Take some time to look at the pictures above and pray for the events in this world

**(print these)**

[http://assets.nydailynews.com/polopoly\\_fs/1.1194053.1351414470!/img/httpImage/image.jpg\\_gen/derivatives/landscape\\_635/hurricane28n-8-copy.jpg](http://assets.nydailynews.com/polopoly_fs/1.1194053.1351414470!/img/httpImage/image.jpg_gen/derivatives/landscape_635/hurricane28n-8-copy.jpg)

[http://3.bp.blogspot.com/\\_N9vmNBT0XNs/TQ0w5zwknbI/AAAAAAAAAEw/TTGcyo0R64Q/s1600/poverty\\_children.png](http://3.bp.blogspot.com/_N9vmNBT0XNs/TQ0w5zwknbI/AAAAAAAAAEw/TTGcyo0R64Q/s1600/poverty_children.png)

<http://addictionblog.org/wp-content/uploads/2011/01/Drug-and-alcohol-abuse-and-the-homeless2.jpg>

<http://www.savingaddiction.com/wp-content/uploads/2012/10/123.jpg>

<http://mcmanuslab.ucsf.edu/sites/mcmanuslab.ucsf.edu/files/imagepicker/m/mcmanus/san-francisco.jpg>

2. Understanding that God is in control – often times we see the chaos in this world and it causes us to question. In our prayer we must remind ourselves that God is in control. This is not saying He causes the bad things to happen, but it is saying that He will use those bad things to ultimately bring people to Him. It is also saying that even though we might want something to happen really bad...God might want something different.

What are you holding on to that you should say to God “your will be done in this situation”?

What do you need to trust Jesus with?

### **Station 3 – Needs**

“Give us today our daily bread.” Notice that this prayer is out of a necessity for life, not praying out of selfish desire. This is something God has promised to provide.

We can even take this a step further. God sees a much bigger plan than we do. He understands that we might need something beyond the necessities of life in order to get a job done that is for His glory.

What is something that you might need in order to further fulfill what God is calling you to do?

Also, what is a need in this world you can pray for?

#### **Pictures to print**

<http://www.spsfnwa.org/wp-content/uploads/2010/07/Food-Safety.jpg>

[http://www.charitywater.org/donate/img/boy\\_with\\_water.png](http://www.charitywater.org/donate/img/boy_with_water.png)

[http://i.telegraph.co.uk/multimedia/archive/02049/friends\\_2049532b.jpg](http://i.telegraph.co.uk/multimedia/archive/02049/friends_2049532b.jpg)

<http://vickybeechning.com/blog/wp-content/uploads/2010/11/man-holding-bible.jpeg>

### **Station 4: Forgiveness**

“And forgive us our debts, as we also have forgiven our debtors” Ask God to forgive you for what you have done. Be specific.

Also, this scripture talks about forgiving others. Try to forgive someone that has hurt you, even if they do not deserve it. Remember that none of us deserve forgiveness yet God still does it. Forgiveness brings healing. Release this unto God even if you feel that you don't want to.

<http://coreyturner.files.wordpress.com/2011/04/cross.jpg>

<http://www.wise-living.com/wp-content/uploads/2012/07/forgiveness2.jpg>

[http://faculty.etsu.edu/webbjr/Forgive\\_by\\_OnlyCurious.jpg](http://faculty.etsu.edu/webbjr/Forgive_by_OnlyCurious.jpg)

<http://awakenedanew.com/wp-content/uploads/2011/10/forgiveness.jpg>

<http://www.zehabesha.com/wp-content/uploads/2012/02/forgiveness.jpg>

<http://www.originalpurity.net/wp-content/uploads/2012/06/forgiveness-2.jpg>

### **Station 5: Deliverance**

“And lead us not into temptation, but deliver us from the evil one.” Ask God to protect you from the devil’s traps. Be specific. Think of how the devil tries to trip you up.

This station is to help you get the focus off of yourself in your prayers. There are so many things in this world that need your prayer. Often when our prayers remain centralized on our problems, we remain trapped to those problems. This does not mean we are not to ask God for help in these things, but it is not good to remain there.

Take a brief moment to pray for your struggles and temptations. Lift them up to God and let them go.

Spend the remainder of the time praying for people in your life and their deliverance and freedom. Notice that by praying for others you will lose focus of your own struggles.

#### **Print**

<http://www.projectprobe.org/images/delivered1.jpg>

<http://images.beijing2008.cn/20080318/lmg214272766.jpg>

[https://i.istockimg.com/file\\_thumbview\\_approve/18194906/2/stock-illustration-18194906-puppet-on-a-string-being-set-free-with-scissors.jpg](https://i.istockimg.com/file_thumbview_approve/18194906/2/stock-illustration-18194906-puppet-on-a-string-being-set-free-with-scissors.jpg)

<http://www.pegpeattie.com/wp-content/uploads/2011/09/SetFreeMinistryx001A.jpg>

## Thanks A lot Week 2

### **Worshiping God Through Our Reading**

**Intro:** The things we study and know about, keep us close to what we believe.

**Ex.** Share a story of gathering knowledge about something of interest to you. Talk about how you can say you like something all day, but unless you show interest there is no evidence to back up what you say. For example, I can say I am a graffiti artist or that I like it...but unless I show you that I do it or study it, there is no evidence.

Explain that Joshua grew up around the scriptures. He was taught them because his parents passed it down to him. At some point, he chose to believe it and he chose to read it for himself. Not only did he read it, he thought about it...he meditated on it.

#### **Read – Joshua 1:6-9**

<sup>6</sup> Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

<sup>7</sup> “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. <sup>8</sup> Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

1. Joshua meditated on God’s Word because he was chosen by God. He was destined for greatness. He was chosen to bring God’s people into the promise land. He realized that to carry out this huge responsibility he needed to be in tune with the scriptures. After all, it said “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”
2. He continued to study God’s Word because he knew the outcome was for God’s glory. By meditating on God’s words he saw them come to pass. The outcome continued even after his lifetime. The promise land was where all the major cities ended up being. The promise land was the land bridge between all of the trading countries which mean the gospel was heard and taken home with people in the major areas. If Joshua did not meditate on God’s Word he would not have been used in this plan.

#### **Application**

1. We study God's Word because of what He has done. It's an act of worship.
2. When we study God's Word, there will be a positive outcome.

**Conclusion:** Practice meditating on God's Word. Take 15 minutes and go off by yourself. Open your Word to Psalms, Proverbs or John. Take 1 minute to pray and ask God to speak to you, 7 minutes to read, 5 minutes to write about what it means to you and 2 minutes to close in prayer. As you read, ask yourself some of the following questions.

- Who is speaking?
  - What are they saying?
  - Who are they saying it to?
  - What is happening?
  - What does it mean?
  - How can you relate it to your life today?
- 

### **Group Study:**

Joshua 1:6-9

<sup>6</sup> Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

<sup>7</sup> "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. <sup>8</sup> Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

1. We study God's Word because of what he has done. It's an act of \_\_\_\_\_.
2. When we study God's Word, there will be a positive \_\_\_\_\_.

### **Alone time:**

Take 15 minutes to go off by yourself. Open your bible to anywhere in Psalms, Proverbs or John. Take 1 minute to pray and ask God to speak to you, 7 minutes to read, 5 minutes to write about what it means to you and 2 minutes to close in prayer. As you read, ask yourself some of the following questions.

- Who is speaking?
- What are they saying?
- Who are they saying it to?

What is happening?  
What does it mean?  
How can you relate it to your life today?

### **Thanks A lot Week 3: Tithing**

#### **Intro:**

“And the first of all the first fruits of all kinds and every offering of all kinds from all your offerings, shall belong to the priests. You shall also give to the priests the first of your dough, that a blessing may rest on your house.” Ezekiel 44:30

Explain the first fruits concept. Talk about how we wouldn't have any of it anyways so we show we are grateful by giving part of back to Him by helping His people.

#### **Points to hit:**

- God wants our first and our best of all we do...not just money
- God wants us to invest what we have been given. Not just money, but talents.
- Investing does not always mean to have a financial return but a spiritual growth, whether in us or someone else

Share a time when you have seen God work in your life through this.

#### **READ:**

##### **The Parable of the Bags of Gold**

<sup>14</sup> “Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. <sup>15</sup> To one he gave five bags of gold, to another two bags, and to another one bag,<sup>[a]</sup> each according to his ability. Then he went on his journey. <sup>16</sup> The man who had received five bags of gold went at once and put his money to work and gained five bags more. <sup>17</sup> So also, the one with two bags of gold gained two more. <sup>18</sup> But the man who had received one bag went off, dug a hole in the ground and hid his master's money.

<sup>19</sup> “After a long time the master of those servants returned and settled accounts with them. <sup>20</sup> The man who had received five bags of gold brought the other five. ‘Master,’ he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’

<sup>21</sup> “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!’

<sup>22</sup> “The man with two bags of gold also came. ‘Master,’ he said, ‘you entrusted me with two bags of gold; see, I have gained two more.’

<sup>23</sup> “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

<sup>24</sup> “Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. <sup>25</sup> So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’

<sup>26</sup> “His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? <sup>27</sup> Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.

<sup>28</sup> “So take the bag of gold from him and give it to the one who has ten bags. <sup>29</sup> For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. <sup>30</sup> And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’

### **Mark 12:41-44 The Widow’s Offering**

<sup>41</sup> Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. <sup>42</sup> But a poor widow came and put in two very small copper coins, worth only a few cents.

<sup>43</sup> Calling his disciples to him, Jesus said, “Truly I tell you, this poor widow has put more into the treasury than all the others. <sup>44</sup> They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on.”

Also read:

Acts 20:35 <sup>35</sup> In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’ ”

### **Points to hit:**

- She knew where her money came from
- She knew what God had done for her
- Her love for God was way more than her love of money

**1 Tim 6:10** For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves

Explain that money is not evil but the love of it is.

**Thanks A lot- Week 4**  
**Worship As an Expression**

**Intro:**

- Do you tend to think of worship as a celebration? Why or why not?
- Do you ever think of worship as a discipline? Why or why not?

It is a discipline. It's a corporate discipline, one we perform with others. The Bible has a lot to say about worship. To frame our study today, we're going to take a look at the Old Testament book of Exodus.

In the book of Exodus, the word worship is used 20 times. The theme is often thought to be the Exodus, but it seems like the theme may be worship. Let's look at 3 passages to see if that is true, as we also discover what worship is.

**Group 1:**

- Worship is: **An Expression of Relationship**

**Exodus 3:9-12**

<sup>9</sup>And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. <sup>10</sup>So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt."

<sup>11</sup>But Moses said to God, "Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?"

<sup>12</sup>And God said, "I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you<sup>[a]</sup> will worship God on this mountain."

**Discussion Questions**

1. What was God's reason for sending Moses to Egypt? (people were oppressed)
2. What was Moses reaction?
3. What does God promise Moses?
4. Where does God tell Moses to bring the people?

God wanted Moses to bring the people back to the mountain for a specific reason - to physically show them He wanted them to come to where He is and be in relationship with them. When God sees His people hurting, His reaction is to save them. This is what

the very call of God is about. We are His children. He is our God. We are supposed to be in a relationship with Him.

5. What will be the peoples response?

## **Group 2**

- Worship is: **An Expression of Appreciation**

### **Read the following**

#### **Exodus 7:16**

<sup>16</sup> Then say to him, ‘The Lord, the God of the Hebrews, has sent me to say to you: Let my people go, so that they may worship me in the wilderness. But until now you have not listened.

#### **Exodus 8:1**

**8** <sup>1</sup> <sup>[a]</sup> Then the Lord said to Moses, “Go to Pharaoh and say to him, ‘This is what the Lord says: Let my people go, so that they may worship me.

#### **Exodus 8:20**

##### **The Plague of Flies**

<sup>20</sup> Then the Lord said to Moses, “Get up early in the morning and confront Pharaoh as he goes to the river and say to him, ‘This is what the Lord says: Let my people go, so that they may worship me.

##### **The Plague on Livestock**

**9** Then the Lord said to Moses, “Go to Pharaoh and say to him, ‘This is what the Lord, the God of the Hebrews, says: “Let my people go, so that they may worship me.”

#### **Exodus 9:13**

##### **The Plague of Hail**

<sup>13</sup> Then the Lord said to Moses, “Get up early in the morning, confront Pharaoh and say to him, ‘This is what the Lord, the God of the Hebrews, says: Let my people go, so that they may worship me,

#### **Exodus 10:3**

<sup>3</sup> So Moses and Aaron went to Pharaoh and said to him, “This is what the Lord, the God of the Hebrews, says: ‘How long will you refuse to humble yourself before me? Let my people go, so that they may worship me.

## **Exodus 10:7**

<sup>7</sup> Pharaoh's officials said to him, "How long will this man be a snare to us? Let the people go, so that they may worship the Lord their God. Do you not yet realize that Egypt is ruined?"

### **Discussion Questions**

1. What is the common theme in these verses?
2. Why does God want His people to be released? (*The whole point of the Exodus is to have His people worship Him*)

He saved His people so they could understand His love and His power. Could it be that the reason that God has saved you is not so that you could just avoid hell, but so that you could worship Him and be in a relationship with Him?

3. Think about your own life. When are times you can see God delivering you so that you will worship Him?

### **GROUP 3**

- Worship is: **An Expression of Awe.**

## **Exodus 14:21 – 15:1**

<sup>21</sup> Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, <sup>22</sup> and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left.

<sup>23</sup> The Egyptians pursued them, and all Pharaoh's horses and chariots and horsemen followed them into the sea. <sup>24</sup> During the last watch of the night the Lord looked down from the pillar of fire and cloud at the Egyptian army and threw it into confusion. <sup>25</sup> He jammed<sup>[b]</sup> the wheels of their chariots so that they had difficulty driving. And the Egyptians said, "Let's get away from the Israelites! The Lord is fighting for them against Egypt."

<sup>26</sup> Then the Lord said to Moses, "Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen." <sup>27</sup> Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing toward<sup>[c]</sup> it, and the Lord swept them into the sea. <sup>28</sup> The water flowed back and covered the chariots and horsemen—the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived.

<sup>29</sup> But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. <sup>30</sup> That day the Lord saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore. <sup>31</sup> And when the Israelites saw the mighty hand of the Lord displayed against the Egyptians, the people feared the Lord and put their trust in him and in Moses his servant.

**15** Then Moses and the Israelites sang this song to the Lord:

“I will sing to the Lord,  
for he is highly exalted.  
Both horse and driver  
he has hurled into the sea.

What was the miracle that God performed?

Other than the obvious miracle, look at the finer details of the miracle. What are they?  
(vs. 24,25)

What were the people’s first reaction to what had happened?

Think about things in your own life. They may not be as big as the obvious parting of the seas, but maybe they are smaller like the wheels getting stuck on the chariots. In times where God has shown up in obvious moments...what has been your reaction? How does it compare to the reaction of the Israelites?

**Conclusion:**

Have each group present what they learned. Have them either read or summarize the verse and answer the questions.

(To begin this activity, give each student a piece of paper and an envelope.)

I want to give you an opportunity to commit to God on an act of worship. I want you to write down on paper what that commitment is going to be. This is to be an expression of how you want to be transformed in order to worship Him more fully.

When you’re done, fold it up and put it in the envelope. On the envelope, write your home address as if you were mailing it to yourself, and give it to me as you leave today.

In a few months, after you’ve forgotten that you’ve done this, you will receive this letter as a reminder that worshipping God is what life is all about.