



# Discussion Plan

Grace

**Theme**

Pray for

“ In the **good** and the **bad** times, equally, we need to be praying. ”

## Opener (5 minutes)

**Discuss:** What was the last thing you said 'thank you' for? It may have been someone holding a door open for you or passing you something?

**Think about:** When times are tough and you may not be feeling quite yourself, is it harder to say, 'thank you'?

## Video (3 minutes)

Watch Grace's video on [Instagram](#), [YouTube](#) or [Vimeo](#).



## Table Talk (10 minutes)

Grace shares one of her favourite bible verses (1 Thessalonians 5: 16-18) which encourages us to rejoice always, pray continually, and give thanks in all circumstances. It can feel easier to pray and give thanks when times are good, but much harder when blessings are difficult to find. Grace learnt that it is important to pray in the good times as much as you need God in the tough times, and her mission trip to Rwanda inspired her when she encountered people suffering severe poverty and yet their prayers were filled with a deep sense of gratitude.

Around your table at home, church or in school, with the person next to you discuss these themes that came up in the video.



1

Grace shared that when things are going well, she often finds she rarely prays, but when things are bad, she desperately cries out for blessings and help from God.

**Question** - Do you find that you talk to God more when things are difficult, or when you are experiencing tough times?



2

Grace's eyes were opened a fresh when she visited Rwanda in 2017 and witnessed extreme poverty. However, despite all the things that the people lacked, she saw that they had so much joy and happiness and that they fully relied on God. Their prayers were filled with a deep sense of gratitude and acknowledgment of what God had already done for them.

**Question** - How can you still find blessings when other people say it is hard to find them?

### Action (7 minutes)

Grace encourages that we can have real confidence that God hears us when we pray (1 John 5:14).

**Discuss:** Grace challenges us to get into God's word (the Bible) so that we may know Him better, to give thanks for His blessings, and to seek His will and ask for provision for the future.

- When did you last read the Bible? Did you discover anything new about God as you read?
- What three blessings could you identify in your life today and give thanks for?
- Do you ever talk to God about your future? Do you think He is saying anything to you about your life that may guide you in your prayers?



**Think about your five:** Think about your five friends that you committed to praying for at the beginning of these sessions. What are their circumstances at present? Ask that God would help them to see the blessings in their life, regardless of their circumstances, and experience the joy of giving thanks.

## Prayer (5 minutes)



### Prayer at Home

Using a piece of A4 paper make a simple paper aeroplane. On the inside write down some of the blessings in your life right now. Even if life is difficult at present, try your best to think of things that you are still grateful for. Find a space in your home and fly your aeroplane as a sign of giving thanks to God for all his blessings. If you have done this activity with others in your home, then pick up someone else's aeroplane and keep it as a reminder of their blessings.

Dear God, I know that every good **gift** comes from you and I am grateful for all you have given to me. Help me to remember to give **thanks** in all circumstances and to trust you more. Please guide me in my future and provide for all my needs and help me to walk in your ways.

Amen.

### Prayer at School

Using a piece of A4 paper make a simple paper aeroplane. On the inside write down some of the blessings in your life right now. Even if life is difficult at present, try your best to think of things that you are still grateful for. Find a space in class and fly your aeroplane as a sign of giving thanks to God for all his blessings. Pick up the aeroplane that falls nearest to you and pop it in your bag. At a later point, have a look at the aeroplane and offer a quiet prayer of thanks for the blessings noted in that person's life.

Dear God, help me to remember to give **thanks** in all circumstances and thank you for the blessings noted in *[insert name of person's aeroplane you picked up]* aeroplane. Please **guide** me in my future and provide for all my needs and help me to walk in your ways.

Amen.

### Prayer at Youth Groups

Using a piece of A4 paper make a simple paper aeroplane. On the inside write down some of the blessings in your life right now. Even if life is difficult at present, try your best to think of things that you are still grateful for. Find a space in the room to fly your aeroplane as a sign of giving thanks to God for all his blessings. Pick up the aeroplane that falls nearest to you and pop it in your bag. At a later point, have a look at the aeroplane and offer a quiet prayer of thanks for the blessings noted in that person's life.

Dear God, I know that every good **gift** comes from you and I am grateful for all you have given to me. Help me to remember to give **thanks** in all circumstances and thank you for the blessings noted in *[insert name of person's aeroplane you picked up]* aeroplane. Please **guide** me in my future and provide for all my needs and help me to walk in your ways.

Amen.

