

Session 2: 60 Minutes

What we will cover today:

Part 1: Introduction and first prayer

- Opening Prayer from Chronicles
- Book of Common Prayer # 6

Part 2: Entering His Gates with Thanksgiving

- Reading and meditation of Psalm 92

Part 3: Praises for Cleansing

- Praise for cleansing
- Reading: Ephesians 1:3-14
- Hymn Mumbling

Part 4: Laboring in Praise

- Reading: 2 Chronicles and Psalms
- Reading: Acts 16:22-33
- Hymn Mumbling
- Time of Praise
- Commands of Christ: Matthew 5:12

Part 5: Summary (personal praise)

- What we gave praise for

Part 6: Benediction

- 1 Peter 5:10-11

SUPPLIES NEEDED

- Gong
- Bible
- Pen or Pencil
- Two Hymns

Labor Feature:

Praise and
Thanksgiving only

PART 1: INTRODUCTION

1.

Leader: First, who will be the “Note” reader? You butt in and read the “Note” when it shows up.

- Person volunteers to read all “Notes”

2.

Leader: Who has the courage to be the gong person? You will help us to only give thanks and praise. So if any of us digresses into supplication, you hit the gong to remind the pray-er to only praise or give thanks.

- A courageous person volunteers to become the gong person.
- Also, a gong is needed for this session.

NOTE: He’ll need grace to take reproach.

3.

Leader: This one hour session is unique in that we will only praise and give thanks (except in our opening prayer). We won’t make any requests. We will learn how to overcome by just praising God. So let us start this session by saying one of the prayers that we are told to pray from 1 Chronicles 16:35. It begins with “and say ye” so let’s say it together...

- All say this together “And say ye, Save us, O God of our salvation, and gather us together, and deliver us from the heathen, that we may give thanks to thy holy name, and triumph in thy praise.” 1 Chronicles 16:35 (Portfolio of Scriptures Told to Pray Page 2, #15)
- All say this together “Save us, O LORD our God, and gather us from among the heathen, to give thanks unto thy holy name, and to triumph in thy praise.” (Psalms 106:47)

4.

Leader: Now we all will read from Book of Common Prayer # 6

- All read /praise together Book of Common Prayer

ALMIGHTY God, Father of all mercies, we, thine unworthy servants, do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men; We bless thee for our creation, preservation, and all the blessings of this life; but above all, for thine inestimable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we thank thee, for giving us that due sense of all thy mercies, that our hearts may be unfeignedly thankful; and that we show forth thy praise, not only with our lips, but in our lives, by giving up ourselves to thy service, and by walking before thee in holiness and

righteousness all our days; through Jesus Christ our Lord, to whom , with thee and the Holy Ghost, be all honor and glory, world without end.

- Pause for those who desire now to offer up their praises and thanksgivings for God’s late mercies vouchsafed unto them. Amen.

Leader: We continue now our meditation of praise and thanksgiving by reading Psalm 92. We will read two verses around until all of the Psalm is read. I will begin.

- Leader starts and all read two verses around until all of Psalm 92 is complete.

It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O Most High:²To shew forth thy lovingkindness in the morning, and thy faithfulness every night,³ Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound.⁴ For thou, LORD, hast made me glad through thy work: I will triumph in the works of thy hands.⁵ O LORD, how great are thy works! and thy thoughts are very deep.⁶ A brutish man knoweth not; neither doth a fool understand this.⁷ When the wicked spring as the grass, and when all the workers of iniquity do flourish; it is that they shall be destroyed for ever:⁸ But thou, LORD, art most high for evermore.⁹ For, lo, thine enemies, O LORD, for, lo, thine enemies shall perish; all the workers of iniquity shall be scattered.¹⁰ But my horn shalt thou exalt like the horn of an unicorn: I shall be anointed with fresh oil.¹¹ Mine eye also shall see my desire on mine enemies, and mine ears shall hear my desire of the wicked that rise up against me.¹² The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon.¹³ Those that be planted in the house of the LORD shall flourish in the courts of our God.¹⁴ They shall still bring forth fruit in old age; they shall be fat and flourishing;¹⁵ To shew that the LORD is upright: he is my rock, and there is no unrighteousness in him.

Part 3: Praises for Cleansing

5. **Leader:** This section will usually be the confession of our sins, but it is important to also exercise ourselves in humbly praising God for his cleansing blood and work of redemption on the cross and in the resurrection. Let us then each praise God by reading one of these praises for cleansing and then saying a praise similar to the note beside it, remembering to only give thanks and praising for sins forgiven. Who will start?

NOTE: Beware of the gong if you make any requests and don’t stick to praise and thanks.

- Each person gives praise by reading one of the references below and saying short praise. (REMEMBER NO REQUESTS)

Psalm 103:1-3 Bless the LORD, O my soul: and all that is within me, bless his holy name.² Bless the LORD, O my soul, and forget not all his benefits:³ Who forgiveth all thine iniquities; who healeth all thy diseases;

Psalm 103:1-3 - Praise to You for forgiving my iniquities

Psalm 49:15 But God will redeem my soul from the power of the grave: for he shall receive me. Selah.

Psalm 49:15 - Thank You for redeeming my soul

Psalm 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

Psalm 42:11 - I praise You for healing me from sin and making me glad

Psalm 40:1-3 I waited patiently for the LORD; and he inclined unto me, and heard my cry.² He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.³ And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

Psalm 40:1-3 -O God, thank you for pulling me out of the pit of sin

6.

Leader: And finally turn to Ephesians 1:3-14. I will read the passage slowly while each of us picks a phrase to praise God for.

- Leader reads Ephesians 1:3-14 followed by each one saying a praise to God from the passage.

Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:⁴ According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:⁵ Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,⁶ To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.⁷ In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;⁸ Wherein he hath abounded toward us in all wisdom and prudence;⁹ Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself:¹⁰ That in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him:¹¹ In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel of his own will:¹² That we should be to the praise of his glory, who first trusted in Christ.¹³ In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise,¹⁴ Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

- Each person who desires, pick a phrase and turn it into a praise.

7.

Leader: Now we will continue to praise with a hymn.

- Select and sing Hymn - Be Joyful

Part 4: Laboring in Praise

8. **Leader:** Turn to 2 Chronicles 20:1-30 and we will read two verses around. This is a unique story of how God did all the work and all God's people had to do was give praise.

- All turn to II Chronicles 20:1-30 and read two verses around until complete.

9. **Leader:** Who will reread 2 Chronicles 20:17? Someone else read 2 Chronicles 20:21-22. Another read Psalm 106:47.

- Three volunteers read: verses 17; another v 21-22; and a third person Psalm 106:47.

¹⁷Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you, O Judah and Jerusalem: fear not, nor be dismayed; tomorrow go out against them: for the LORD will be with you.

²¹And when he had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy endureth for ever.²² And when they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.

⁴⁷Save us, O LORD our God, and gather us from among the heathen, to give thanks unto thy holy name, and to triumph in thy praise.

10. **Leader:** Our New Testament passage is how God brought an earthquake when Paul and Silas sang praises. What volunteer will read Acts 16:22-33?

- Volunteer turns and reads Acts 16:22-33.

11. **Leader:** So we overcome (triumph) by praising. Let's sing one more hymn

- Sing second hymn of praise.

12. **Leader:** Now for the next 12 or so minutes comes the most difficult mental prayer task you will ever attempt. We will bring before the Lord anything on our hearts, but we won't pray or make requests. We will only give thanks and praise God for: every trial (He will deliver in His time), every unsaved family member or neighbor (He's not willing that any should perish), and of course, praise for everything that He has done.

NOTE: You will be tempted to start, “Lord, I thank you for your blessings and I just pray that..,” GONG, GONG, GONG! Go back to thanking God.

- All go around and only praise and give thanks. If you hear the GONG stop praying and go back to praise and thanksgiving.

NOTE: Prayer Principle: Sometimes it is hard to think of things to praise and give thanks for, but be courageous to let the time pass in silence while things come to mind.

13.

Leader: Now let’s take three minutes to memorize the command of Christ in Matthew 5:12. “Rejoice and be exceeding glad; for great is your reward in heaven; for so persecuted they the prophets which were before you.”

- Everyone keep saying the verse around until you can say Matthew 5:12 with eyes closed until it is memorized.

Part 5: Summary

14.

Leader: Now will the “Note” reader please read the principles we learned in this session?

- Note” reader reads the principle we learned today:

SUMMARY PRAYER PRINCIPLES

Prayer Principle: Sometimes it is hard to think of what to praise and give thanks for, but be courageous to let the time pass in silence while things come to mind.

NOTE: In many cases, praise is more powerful against satan than prayer requests.

NOTE: We are told to pray these words in I Chronicles 16:35

And say ye, Save us, O God of our salvation, and gather us together, and deliver us from the heathen, that we may give thanks to thy holy name, and glory in thy praise.

Part 6: Benediction

15.

Leader: Who has the courage to put up both hands while praying the benediction over us from 1 Peter 5:10-11?

NOTE: Okay, we said we would try to do everything –the Bible said to do about prayer “lifting up holy hands”. 1 Timothy 2:8

- Pray-er raises both hands in blessing while reading 1 Peter 5:10-11.

But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.¹¹ To him be glory and dominion forever and ever. Amen.