

CATALYST

A PRAYER INVITATION



Ambassadors For Christ
In Canada

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基督使者協會

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A PRAYER INVITATION

When we choose thankful prayer over wallowing in anxiety and worry, we are demonstrating an unwavering trust in God.

Priscilla Shirer

Prayer is a catalyst: it provokes a transformation within us as we consent and engage into God's presence and action. With the current circumstances of our world, our immediate response is to fear and the desire to be in control of our own lives. Instead, our first response should be turning to Him in prayer.

As a response to these global and divisive issues, AFC has created an initiative: "Catalyst: A Prayer Invitation" to provide a monthly prayer guide on relevant topics, and an opportunity to explore various forms of prayer such as centering, repetition, thanksgiving, corporate and more.

Every month, we will be introducing a new form of prayer along with a topic and theme based on relevant needs throughout the year. With these resources, it will help as a guideline for your journey of a more prayerful life and see the importance of prayer

OCTOBER : GRATITUDE

NOVEMBER : REST

DECEMBER : IDENTITY & PURPOSE



OCTOBER

THANKSGIVING

PRAYERS OF GRATITUDE

WEEK 1: BEING THANKFUL FOR HIS BLESSINGS

I WILL GIVE THANKS TO THE LORD WITH MY WHOLE HEART; I WILL
RECOUNT ALL OF YOUR WONDERFUL DEEDS.

PSALMS 9:1 (ESV)

EVERY GOOD GIFT AND EVERY PERFECT GIFT IS FROM ABOVE,
COMING DOWN FROM THE FATHER OF LIGHTS, WITH WHOM THERE
IS NO VARIATION OR SHADOW DUE TO CHANGE.

JAMES 1:17 (ESV)

It is easy to praise God for the good things like passing a course, finding a job, and many other things. But do we overlook the blessings that may seem trivial and small? The ability to worship God freely, the opportunity to attend school or work, and good health are the small blessings that we may overlook.

This week in prayer: Take a moment to sit in silence and reflect on the blessings God has given to you. Pray and give thanks with all that you are and with your whole heart for the blessings that God has given you.

Each day, give the praise to God that is well deserved for the blessings He has given you this past week, past month, past summer, even in the past year.

ACTION: Reflect about your thoughts and share with others about the specific blessings you are thankful for this week.

OCTOBER

THANKSGIVING

PRAYERS OF GRATITUDE

WEEK 2: BEING THANKFUL FOR HIS PROVIDENCE

JESUS SAYS:

THEREFORE I TELL YOU, DO NOT BE ANXIOUS ABOUT YOUR LIFE. LOOK AT THE BIRDS OF THE AIR: THEY NEITHER SOW NOR REAP NOR GATHER INTO BARNs, AND YET YOUR HEAVENLY FATHER FEEDS THEM. ARE YOU NOT OF MORE VALUE THAN THEY? THEREFORE DO NOT BE ANXIOUS, SAYING, 'WHAT SHALL WE EAT?' OR 'WHAT SHALL WE DRINK?' OR 'WHAT SHALL WE WEAR?'

MATTHEW 6:25-31

Providence is the foreseeing care and guidance of God or nature over the creatures of the earth. But what does "providence" actually look like in our life? As the parents' role is to care for their child and provide for them in whatever capacity they can, how much more do you think God would care for you?

God is our provider even when we don't ask. He sees us and provides for our needs. Yet, we often overlook the care from God and we don't appreciate all that God provides for us as much as we should.

Thought of the week: How has God provided for you?

1. Read today's passage Matthew 6:25-31 again
2. Take the time to reflect on all that He's given you in care to deepen our love for him.
3. Take time to show gratitude for the things that He's given us so that we do not have to worry about it.
4. Take time to pray and praise God for His provision upon us daily.

OCTOBER

THANKSGIVING

PRAYERS OF GRATITUDE

WEEK 3: BEING THANKFUL AMISDT HARDSHIPS

NOT ONLY THAT, BUT WE REJOICE IN OUR SUFFERINGS, KNOWING THAT SUFFERING PRODUCES ENDURANCE, AND ENDURANCE PRODUCES CHARACTER, AND CHARACTER PRODUCES HOPE.

ROMANS 5:3-4 (ESV)

TWO ARE BETTER THAN ONE, BECAUSE THEY HAVE A GOOD REWARD FOR THEIR TOIL. FOR IF THEY FALL, ONE WILL LIFT UP HIS FELLOW. BUT WOE TO HIM WHO IS ALONE WHEN HE FALLS AND HAS NOT ANOTHER TO LIFT HIM UP!

ECCLESIASTES 4:9-10 (ESV)

There are times where we feel like the weight of the world is on our shoulders. During the pandemic, some of us have gone through difficult situations from having the freedom to go out or see friends to the loss of a job or even family members. But even without COVID-19, we have all gone through hardships in life and certain events have impacted us significantly more than others.

It's very hard to see how God cares for us when amidst the hardships and suffering. However, these challenges in life are meant for us to deepen our faith and strengthen our relationship with God. As Christians, we can find comfort knowing that God is behind us and that God has also given us a community to support us.

As you take time to praise God and pray through hardships, share with a fellow brother or sister and pray for each other. Let the weight of what you may be going through be lifted off your shoulders as God hears your prayers and be assured that He is with you when gathered together.

OCTOBER

THANKSGIVING

PRAYERS OF GRATITUDE

REMINDER TO ALWAYS BE THANKFUL

REJOICE ALWAYS, PRAY WITHOUT CEASING, GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU

1 THESSALONIANS 5:16-18

THROUGH HIM THEN, LET US CONTINUALLY OFFER UP A SACRIFICE OF PRAISE TO GOD, THAT IS, THE FRUIT OF LIPS THAT GIVE THANKS TO HIS NAME.

HEBREWS 13:15

Through this past month, we explored how to be thankful for different things:

1. Being thankful for the blessings that God gives
2. Being thankful for God's provision
3. Lastly, being thankful through the trials that we go through

These are some examples of where we can show God our gratitude. We should always be thankful for a God that loves us so much in every circumstance.

In all that we have, in all that we are, in all that we do and say, let us give praise to God and thanks to His name.

As we move into November next week, reflect about this: What does "giving thanks to God" mean to you now in comparison to the beginning of the month? **Remember to always pray in thanksgiving to God.**