



## Cultivating a Thankful Heart

With Diana de Fouler, Central America Director  
of Moms in Prayer International

To view the accompanying video, go to  
[MomsinPrayer.org/Cultivating-Thankful-Heart-Bible-Study/](https://MomsinPrayer.org/Cultivating-Thankful-Heart-Bible-Study/)

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### Group Discussion Question: *Would your children consider you steadfast in your faith?*

1. In the video, Diana defines steadfast as, “committed, rooted, focused, someone that cannot be easily moved.” Look up the verses below, and note how they help us cultivate steadfast thankfulness.

**Colossians 4:2**

**Colossians 2:6-7**

**1 Corinthians 15:58**

**Psalms 1:2-3**

2. Diana tells us how Shadrach, Meshach, and Abednego were steadfast in their commitment to God, by not bowing down to the image of gold that King Nebuchadnezzar had set up. When the king confronted them, their response was:

*“King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty’s hand. But even if he does not, we want you to know, Your Majesty that we will not serve your gods or worship the image of gold you have set up.” Daniel 3:16b-18*

King Nebuchadnezzar watched as God protected them from harm in the blazing furnace.

*“Then Nebuchadnezzar said, “Praise be to the God of Shadrach, Meshach and Abednego, who has sent his angel and rescued his servants! They trusted in him and defied the king’s command, and were willing to give up their lives rather than serve or worship any god except their own God. Therefore, I decree that the people of any nation or language who say anything against the God of Shadrach, Meshach and Abednego be cut into pieces and their houses be turned into piles of rubble, for no other god can save in this way.” Daniel 3:28-29*

How steadfast would you have been in this situation? What area of your life is the hardest to be steadfast in your trust of God?

3. Thanksgiving is forward-looking faith that thanks God for the answer before you see it. Knowing his character, you know something — the right thing, the perfect thing — will be done. Look up, and then write out the verse below.

**James 1:17**

4. In her book, *Start with Praise*, Sally Burke, Moms in Prayer President, describes how the shield of faith is raised through thanksgiving.

“Did you know that thanksgiving is a mighty weapon in the armor of God? Thanksgiving activates an important part of the armor: the shield of faith. Each time you thank God, it automatically lifts up your shield of faith. Think about how the shield of faith is described in Ephesians 6. ‘In addition to all this, taking up the shield of faith, with which you will be able to extinguish *all* the flaming arrows of the evil one.’ (Ephesians 6:16 emphasis added) God says “all!” So, our shield of faith can extinguish everything the enemy is sending our way! As we begin to thank God, our faith will grow, and the enemy will lose his foothold in our lives. Every thanksgiving defeats the enemy, and empowers you forward.”

In the midst of the battle, are you choosing to thank God for answers to prayers you have seen Him do, or for what He is doing today to care for you? Or, are you automatically going to fear and worry?

5. God gives us the road map to transform our fear, anxiety and worry to a steadfast peace in **Philippians 4:6-7**.

*“Do not be anxious about anything, but in every situation, by prayer and petition, **with thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

Below, add a few more things you can be thankful for because you already have them.

|                                   |  |
|-----------------------------------|--|
| <b>I have eternal life</b>        |  |
| <b>I have the love of God</b>     |  |
| <b>I have forgiveness of sins</b> |  |
|                                   |  |

6. Let’s take a closer look at verse 7: *“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”*.

In response to our prayers, God comforts us with his peace which transcends all logic and efforts to explain it. This peace will “guard our hearts.” The Greek word used here for “guard” relates to a military term that describes what a garrison of troops did in order to guard a fortified city. Similarly, the peace of God protects a person emotionally and mentally, and helps us avoid becoming overwhelmed with worry.

Write out your own prayer by using Philippians 4:6-7 as a guide (prayer, petition and thanksgiving).



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