

Lesson #1: Praying Thankfully – United in Prayer 2026 – Teen Lessons

Primary Text: 1 Chronicles 29:10-20

Intro: This text is a prayer offered by David at the onset of building the temple for the Lord. David has just made a plea for materials and skilled workers, so that his son Solomon will have what he needs to complete the task. After receiving generously from the nation's leaders, David prays and thanks God for His greatness and majesty. At the end of his life, King David praised God in the presence of the people and demonstrated great thankfulness towards the Lord.

Key Point: *Thankfulness* is an important virtue because it helps us keep the right perspective, and it also directs our praise to God. Regular prayers of thankfulness fosters joy in our lives, and build an attitude of worship.

READ and DISCUSS: 1 Chronicles 29:10-20

- **What are some things David thanks God for in this prayer?** What does this tell us about what David believes God is like?
- **In verses 11–12, David says that everything in heaven and earth belongs to God.** How might remembering that everything ultimately comes from God change the way we pray?
- David says, *“But who am I, and who are my people, that we should be able thus to offer willingly?”* (v. 14). **Why do you think David responds with humility rather than taking credit for what Israel has given?**
- **Verse 14 says, “All things come from you, and of your own have we given you.”** What are some things we tend to think of as *ours* that we could instead recognize as gifts from God?
- David praises God for who He is **before** he asks God to continue working in His people (vv. 10–19). **What can we learn from the order and focus of David’s prayer?**

READ and DISCUSS: Philippians 4:4-9

- **Paul tells the Philippians to “rejoice in the Lord always” (v. 4).** What does it mean to rejoice in God even when your circumstances aren't going well?
- **In verse 6, Paul says to bring our requests to God “with thanksgiving.”** Why do you think Paul connects asking God for what we need with thanking Him?
- **What are some things you tend to worry about or stress over?** How might turning those things into prayers of thanksgiving change the way you experience them?

- Verse 7 promises that God's peace will **“guard your hearts and your minds.”** What do you think that looks like in real life?
- In verses 8–9, Paul tells believers to focus their minds on things that are true, honorable, just, pure, lovely, and commendable. **How might what we choose to think about affect our ability to pray thankfully?**

APPLICATION: Practicing Prayers of Thankfulness

- **Think about your own prayers this past week.** What percentage of your prayers would you say are asking God for something versus thanking God for something? What is one thing you could intentionally begin thanking God for when you pray?
- **When you pray, how often do you thank God before asking Him for something?** What might it look like to change that habit?
- **What is one blessing in your life that you have recently stopped noticing because it has become “normal”?** How can you turn that into a prayer of thanksgiving?
- **What is one specific change you will make to your prayer life this week to become more thankful?** When and how will you do it?

Song Suggestions:

- Thank You
- 10,000 Reasons
- Gratitude
- Goodness of God
- Count Your Blessings

Possible Activity: Gratitude List

- Give each student a blank sheet of paper and something to write with. Instruct the students to spend some time writing a list, drawing pictures, or making a collage of every single thing they can think of that they are grateful for from God. Big or small, make a list of everything. Then spend 5 minutes in prayer over your list. You also might have students share 1 or 2 things from their list with the group.