

FAMILY TOGETHERNESS WEEK OF PRAYER | SEPTEMBER 3 - 9, 2023

Keys to

HEALTHY MINDS



FLOURISHING FAMILIES

KEYS TO HEALTHY MINDS

WEEK OF PRAYER ON-THE-GO



SUNDAY: THINKING WELL

Our thoughts are important. What we think shapes our emotions, actions, our relationships, and our spiritual lives. When we focus on our worries, or on our mistakes and struggles, we can become overwhelmed with anxieties and fears.

Read **Philippians 4:6** together.

PAUL POSITIVE (PHILIPPIANS 4)

Paul decided to be thankful for God's blessings in his life. He chose to think about lovely things like the wonderful flowers and animals that God had created. The next time you feel sad and worried, remember how much Jesus loves you.

OPEN HANDS PRAYER

Praise God for His love. Thank Him that we can give our worries to Him because He loves us. Thank God for looking after your worries.



MONDAY: CHOOSE GRATITUDE

God doesn't need us to say thank you to Him, but He loves it when we do. Every day He does thousands of wonderful things for each one of us. The more we pay attention to what God is doing, and the more we thank Him for those things the more we will experience His incredible love.

Read **1 Thessalonians 5:17** together.

EXTRAVAGANT GRATITUDE! (JOHN 12 / PHILIPPIANS 4)

Mary was full of joy for all the ways that Jesus had loved her and blessed her. Even though Paul was in a horrible prison, he thanked God every day because He knew that God was always good. If Jesus came to your house today, how would you thank Him for all that He has done for you?

GRATITUDE PRAYER

Choose a person to call out each letter of the alphabet in turn. Then work together to call out at least one thing you are thankful for beginning with each letter.



TUESDAY: CHOOSE WONDER

Wonder is a special gift from God that is packed with good things for us! Wonder inspires us to be creative, to strive for excellence, and even to be compassionate, empathic, and generous towards others. God has filled this world with many wonders to show His love for us.

Read **Psalm 86:8, 10** together.

DON'T WORRY! TRY WONDER! (MATTHEW 6)

Jesus had so much to tell them about God and about life. He wanted to give the people something that would always remind them of God's loving care. Whenever you are worried about something, imagine you are putting your worry in God's hands, the hands that created all these wonders as love gifts for you.

WONDER PRAYER ACTIVITY

Gather beautiful examples of nature. Invite each person to choose an item and to find something about their object that fills them with wonder.



WEDNESDAY: CHOOSE JOY

Joy is the happy delight we feel that comes with a sense of peace and contentment. When we experience joy, we feel good from our head to our toes. Joy protects us from being overwhelmed by the challenges in our lives.

Read **Philippians 4:4** together.

JESUS SHARES JOY! (JOHN 2)

'So, who can be happier than the groom?' Mary asked with a puzzled smile. 'My Father and I!' Jesus laughed! 'Making people happy makes us both very happy. My Father and I are filled to overflowing with joy, just like the waterpots, whenever people celebrate with joy!'

JOYFUL PRAYER

Pray joyfully! Go through the alphabet and say, 'We praise You, God, because You are A (adorable, admirable...).' 'We praise You, God, because You are B (beautiful, blessing, ...).'



THURSDAY: CHOOSE KINDNESS

Did you know that kindness is good for you? Whenever we do kind things for others, or even think about doing them, a lovely feel-good hormone called oxytocin washes over our brain. God wants His children to be kind because it blesses them as well as those they are helping.

Read **Ephesians 4:32** together.

KINDNESS - SHARING GOD'S LOVE (JOHN 13)

Jesus loved being kind. His heart was so full of God's love that kindness flowed through everything He did. He was happy to be the servant because it would give Him another way to show them how much He loved them.

KINDNESS PRAYER ACTIVITY

Draw around an adult's hand. Write something kind that you could do for others on each of the fingers. Write a short prayer on the palm of the hand asking God to help you be kind.



FRIDAY: CHOOSE PEACEFULNESS

In a busy world, moments of quietness are very important. We need to slow down, and press 'pause', so that we have time to reflect on our lives. Today we will learn about the peace that Jesus brings into our lives, that helps us to stay calm in the storms of life.

Read **John 14:27** together.

PEACE IN THE STORM (MATTHEW 8)

Jesus asked them 'Why are you so scared? I am here with you!' Then He stood up in the boat and told the winds and waves to calm down. We can choose to be peaceful in the storms of our lives because Jesus is always with us.

UNFOLDING PEACE PRAYER

Cut cloud shapes from thin paper. Use pencils to write worries on the blank side of the clouds. Pray for God to calm the storms in your mind and give you peace.



SABBATH: CHOOSE HOPE

From the very beginning of earth's history, God shared the good news of a hopeful future where sin would be eradicated forever. When we have hope, it gives our lives purpose, and when we have a purpose for our life, it fills us with hope.

Read **Romans 15:13** together.

ZACK FINDS HOPE (LUKE 19)

Zacchaeus realized what had been missing in his empty life – it was kindness, and peace, and joy, and wonder, and gratitude, and helping others. And now Jesus had given him a loving purpose for his life, he also had hope.

HOPE PRAYER

Praise God for the important gift of hope that He gives us. Thank Him for the hope of Jesus' soon return that inspires our faith.

FAMILY TOGETHERNESS WEEK OF PRAYER | SEPTEMBER 3 - 9, 2023

- SUNDAY
THINKING WELL
- MONDAY
CHOOSE GRATITUDE
- TUESDAY
CHOOSE WONDER
- WEDNESDAY
CHOOSE JOY
- THURSDAY
CHOOSE KINDNESS
- FRIDAY
CHOOSE PEACEFULNESS
- SABBATH
CHOOSE HOPE



Copyright © 2023 by the General Conference
Corporation of Seventh-day Adventists®.
All rights reserved

Willie and Elaine Oliver: Editors
Karen Holford: Principal Contributor
Dawn Venn: Senior Editorial Assistant
Daniel Taibe: Design

2023 AFM Resource Book Addendum



Adventist®
Family Ministries

GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS
12501 Old Columbia Pike, Silver Spring, Maryland 20904, USA
301.680.6175 office
family@gc.adventist.org
family.adventist.org

 @Adventist.Family  /AdventistFamilyMinistries

ISBN 978-0-8280-2898-1
JUNE 2023

ISBN 978-0-8280-2898-1



9 780828 028981