**Acknowledgments**

One thing I know for sure is that the generations before ours were good at acknowledging the thoughtfulness of others. They could write a thank you note and have a stamp on it before sunset.

*When life gets tough, one of the hardest things to do is to be thankful.*

The overflowing of thankfulness doesn't roll off our tongues when a crisis hits. It's pretty hard to think of just one thing to be thankful for in those times. But, it's the practice of remembering all that the Lord has done that comes only after intentionally building it into our lives. In my own life, I was taught that I should follow this prayer guideline using these four key areas; adoration, confession, thankfulness, and supplication.

**Adoration** is an acknowledgment of who God is.

**Confession** acknowledges that we are sinners, confession of sin, and asking for forgiveness.

**Thankfulness** acknowledges all that the Lord has done and is currently doing in our lives.

**Supplication** acknowledges our need and is a time to present our requests to the Lord.

Through this practice, I learned valuable spiritual lessons that developed my prayer life. I needed some structure in those days, and these spiritual disciplines were just what I needed. My intention and motivation were to grow closer in my relationship with the Lord, not to be a better thing. Yet, looking back, I found myself growing spiritually and developing a sound prayer life.

When Paul wrote to the Colossians, he encouraged them to *"live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."*Then he wrote to the Thessalonians,*"Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus."*

This is the course that Paul knew they would need, and it's what we still need today. Commit to these things and watch the course of your life align with His. It will!

 If we have not met, I want you to know that my name is Holly, and I walked into this church 22 years ago with a 5yo daughter and a two-month-old son in tow. This church embraced me, but more importantly, the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy the SPF ministry and the newsletter, and get excited about what God has in store for you and your children!

Holly Crain, Single Parent Director

Holly.Crain@HoustonsFirst.org

713-957-7674