

What are 10 things you are grateful for today?

"O Come, let us sing for joy to the Lord; Let us shout joyfully to the rock of our salvation. Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods." Psalm 95:1-3

Bible Study Tools

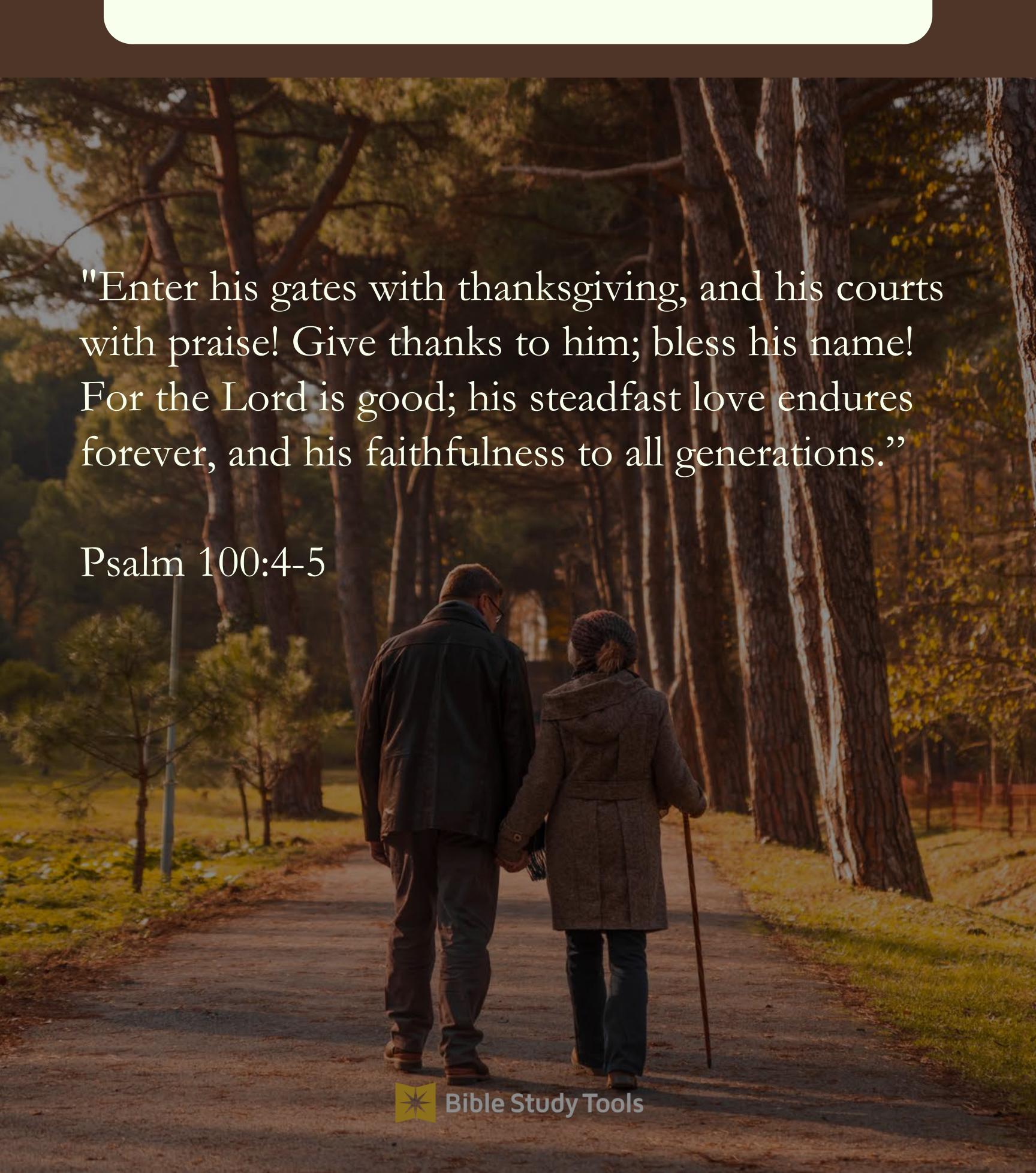
How has God been faithful to you the past year?

Lord, teach me to offer you a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually, and to give thanks in all my circumstances. I accept them as Your will for my life (1 Thessalonians 5:16-18). I long to bring pleasure to Your heart daily. Break the power of the enemy in my life. Defeat Him through my sacrifice of praise. Change my outlook and attitude into one of joyful contentment with my present circumstances. I thank You for... Name a difficult circumstance in your life presently and thank God for it.] Amen.

This prayer was adapted from "A Prayer for a Thankful Heart" by Debbie Przybylski.



Who or what has brought you joy today?



List 3 ways you can bless others today, then do it.



What is something big or small that made you smile today?

Jesus, I want to be like You who obeyed the Father without complaint. You embraced the chains of humanity when You walked this earth. Convict me whenever I complain or compare myself with others. Give me Your attitude of humility and thankful acceptance. I want to be like the Apostle Paul who learned contentment in every circumstance. I choose to continually offer You a sacrifice of praise, the fruit of lips that give praise to Your name (Hebrews 13:15). I long to bring a smile to Your face. Teach me the power of a thankful heart. I know that Your truth dwells in a thankful heart.

This prayer was adapted from "A Prayer for a Thankful Heart" by Debbie Przybylski.

What promises of God do you need to be reminded of today?

"Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's." Helon Micael, Mesulam, Hodavias y Jahdiel

Psalm 103:1-5

What is one hardship in your life that God faithfully walked with you through?

Dear God,

Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

In Jesus' Name, Amen.

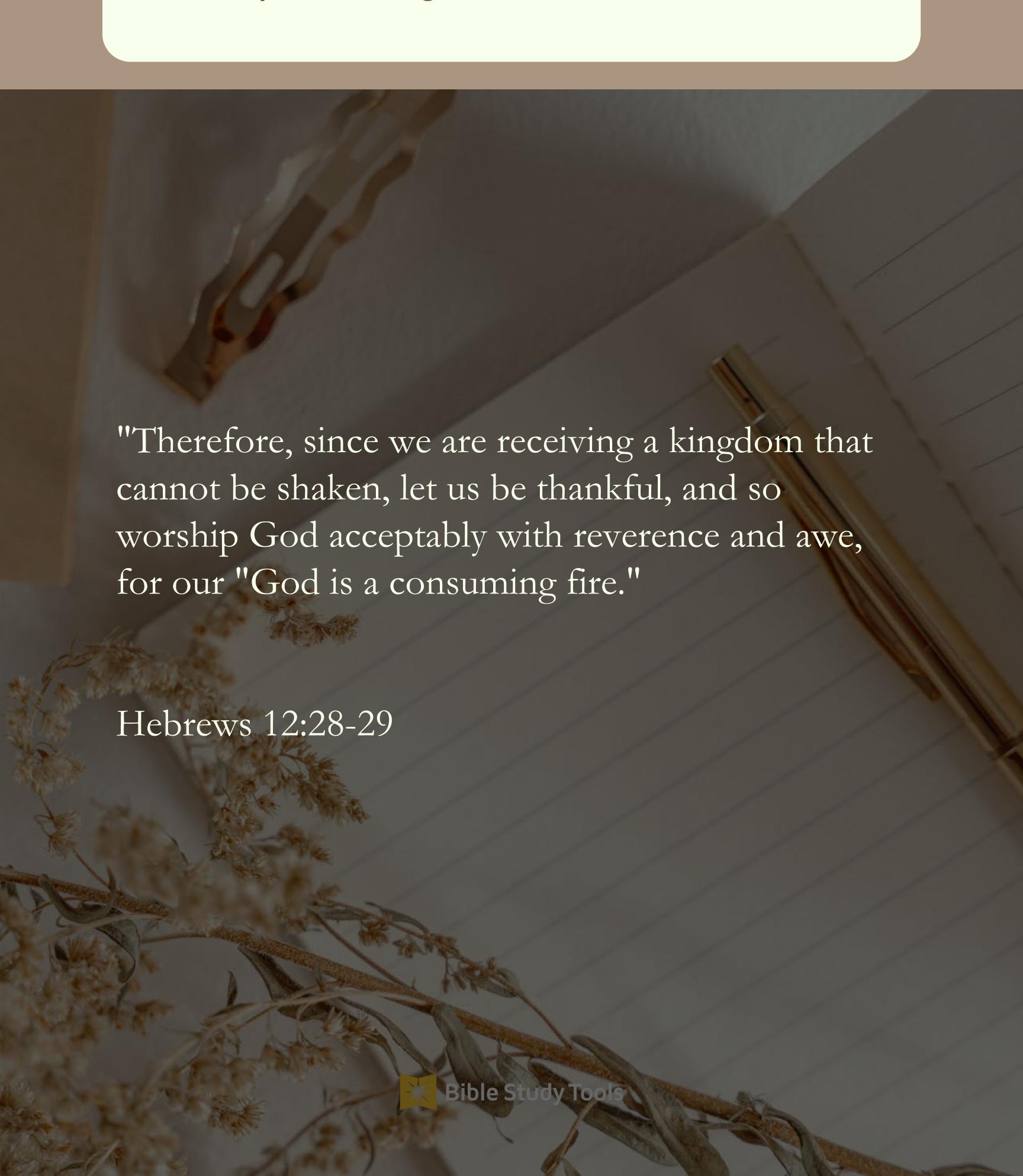
This prayer was adapted from "A Prayer for Gratitude and Thanksgiving" by Debbie McDaniel.



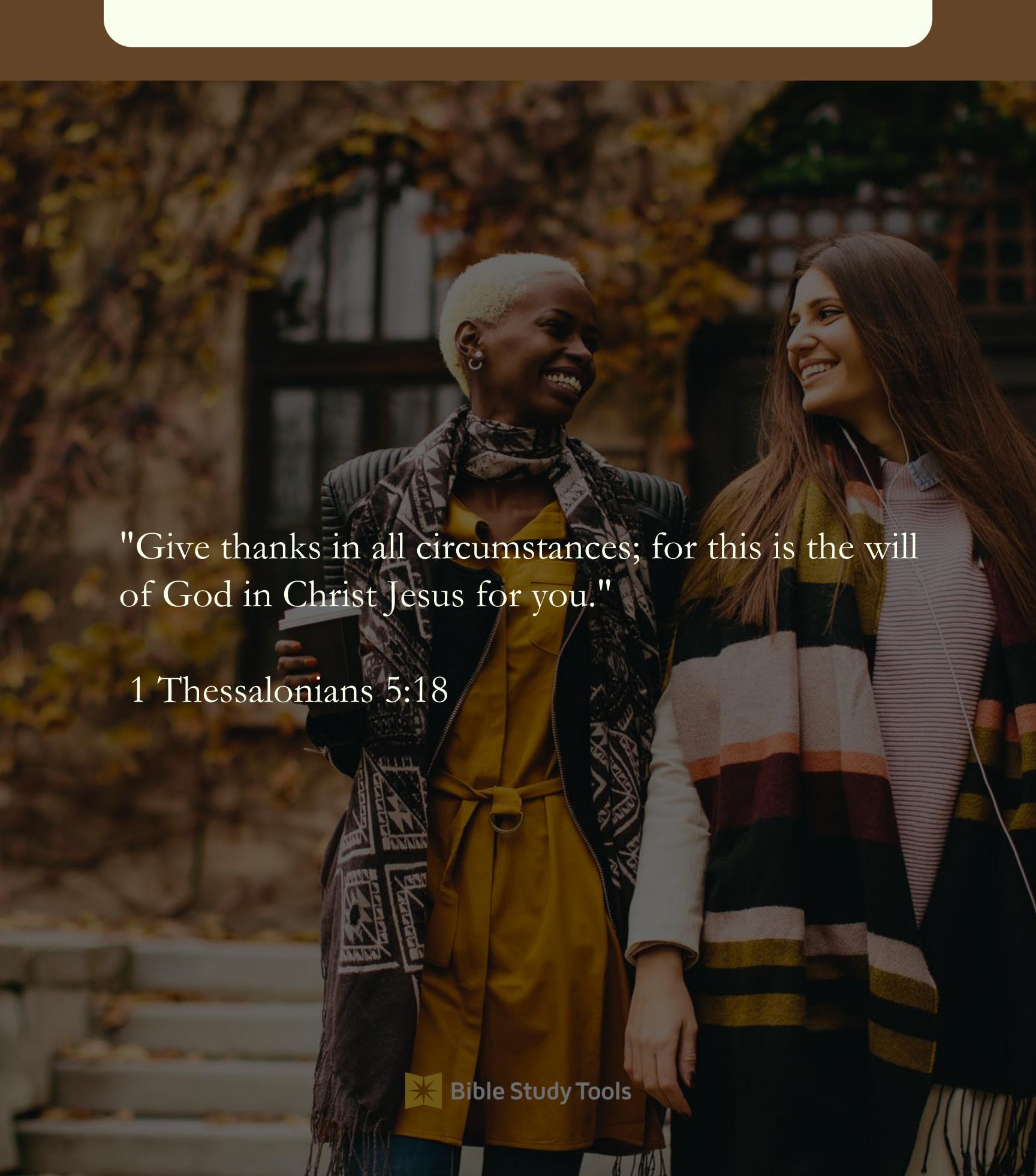
What do you need to lift up to the Lord in surrender today?



How do you define gratitude?



Who in your life exemplifies a life of thankfulness?



What was an unexpected blessing you received this past year?



List three qualities you admire about yourself.

"God says to give thanks in everything. That doesn't mean you need to give thanks FOR everything. You don't need to give thanks FOR that bad day. Or FOR that bad relationship. Or being passed over at work. Financial hardship. Whatever it is – you are not to give thanks FOR the difficulties, but rather IN the difficulties. That is a very important distinction, and one I think we often miss. Giving thanks IN everything shows a heart of faith that God is bigger than the difficulties and that He can use them, if you approach Him with the right heart and spirit, for your good and His glory." -Tony Evans Bible Study Tools

How should Christ's death on the cross impact how you go through today?

"There are three requisites to the proper enjoyment of earthly blessings: a thankful reflection, on the goodness of the giver; a deep sense of our own unworthiness; and a recollection of the uncertainty of our long possessing them. The first will make us grateful; the second, humble; and the third, moderate."

-Hannah More



List 5 things in nature you are grateful for.



In what ways has God provided for you financially?



How can your gratitude overflow into the lives of others?

"A thankful heart is one of the primary identifying characteristics of a believer. It stands in stark contrast to pride, selfishness, and worry. And it helps fortify the believer's trust in the Lord and reliance of His provision, even in the toughest times. No matter how choppy the seas become, a believer's heart is buoyed by constant praise and gratefulness to the Lord."

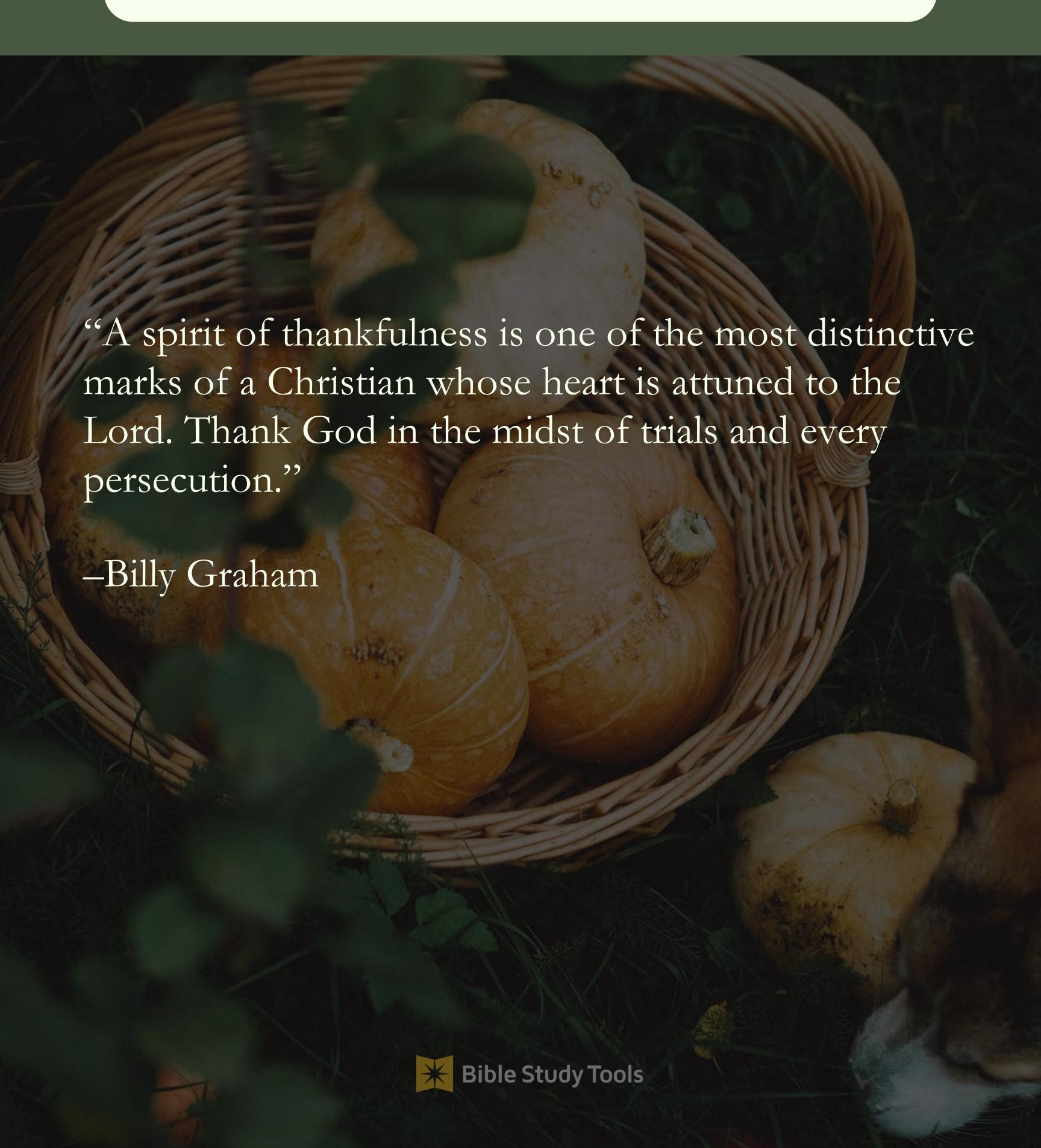
-John MacArthur

What is something you are thankful for that you take for granted?

"It's one thing to be grateful. It's another to give thanks. Gratitude is what you feel. Thanksgiving is what you do."



What gets in the way of your gratitude? What are you going through right now that is making it hard to be grateful?



How could you bless your neighbor today?

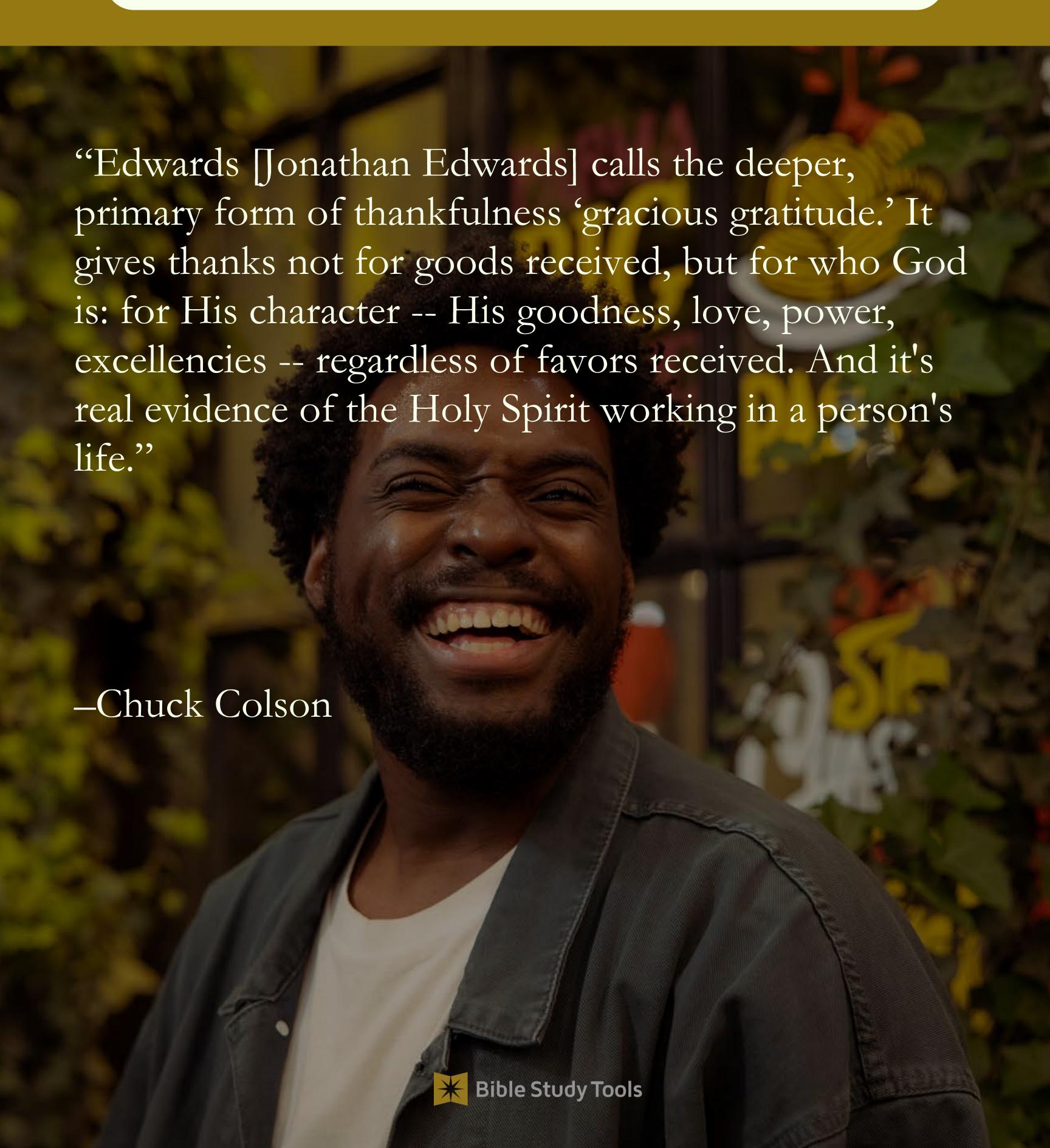
Father, I come to You, confessing that I tend to have a heart that is filled with whining and complaining instead of gratitude. Please forgive me. Help me learn to see Your hand at work in my life. I want to trust You even when I don't understand my circumstances. Right now, I choose to praise You, Lord.

In Jesus' Name, Amen.

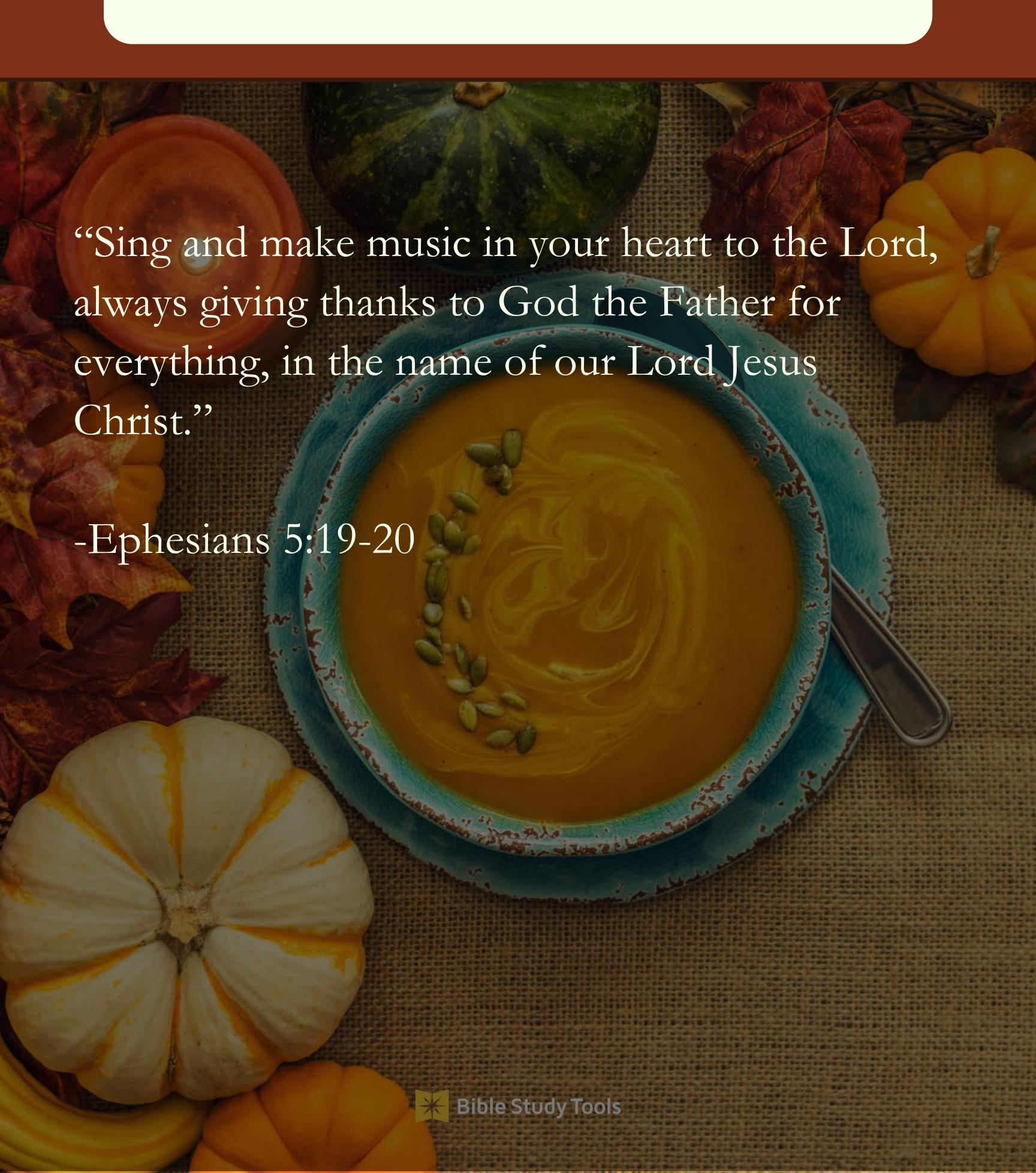
This content was adapted from "A Prayer for Gratitude and Promises" by Mary Southerland.



Take a deep breath; exhale. Now write down one of the characteristics of God that you can lean on today.



What is your favorite dish to cook or eat?



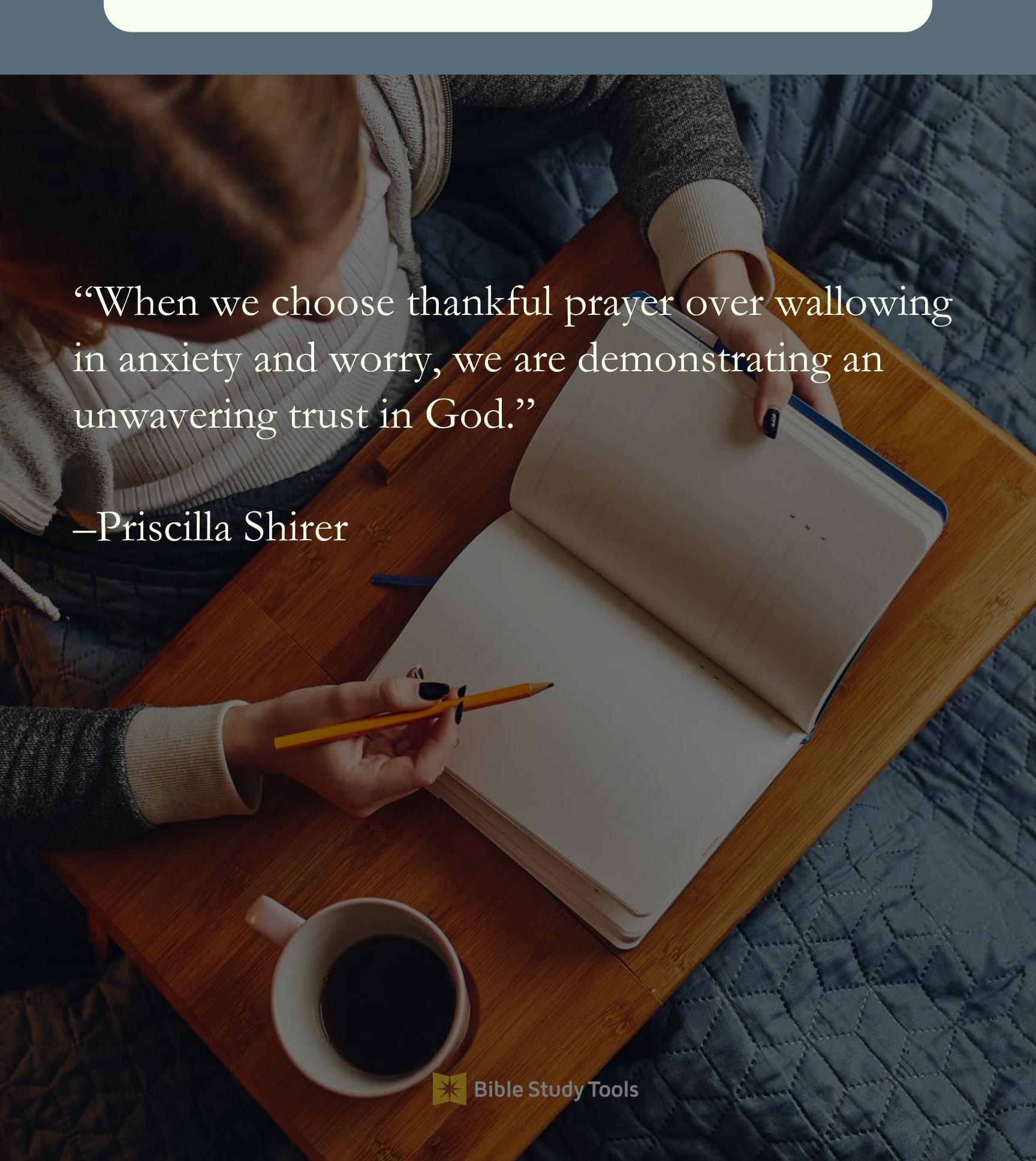
Think of a friend or family member you are thankful for. Let them know what you admire about them.



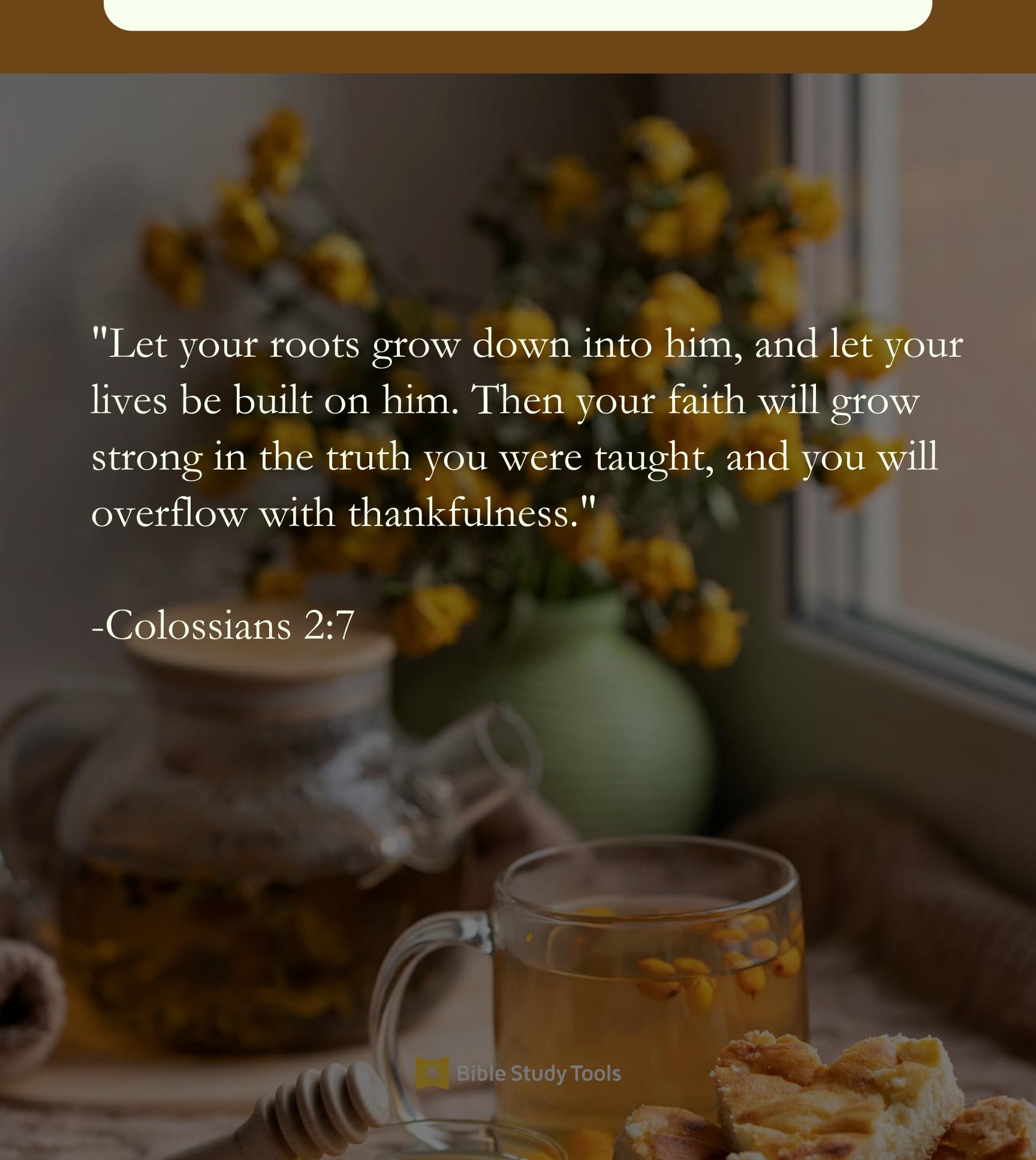
Pray and ask God to give you a heart of contentment as you go through your day.



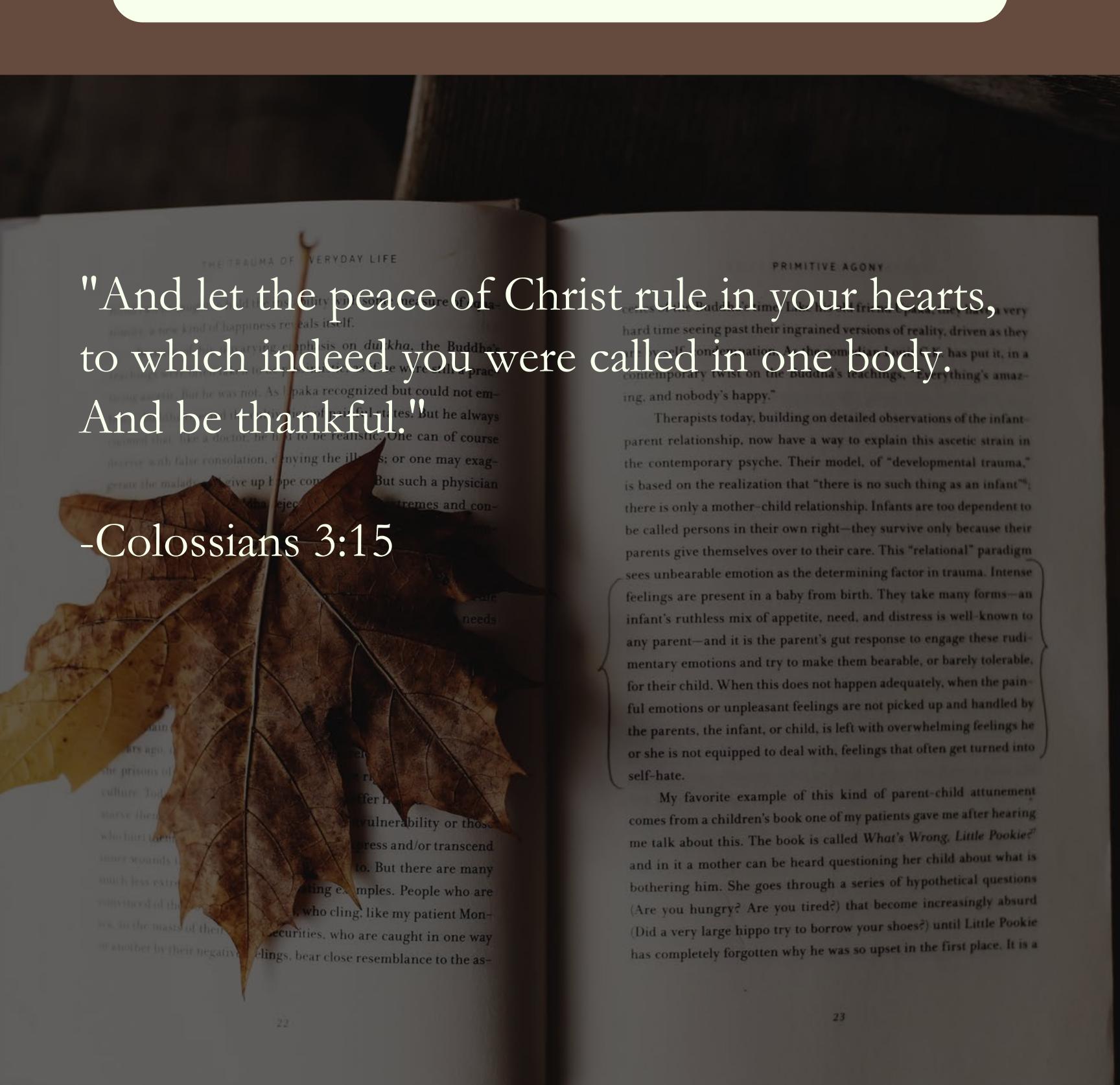
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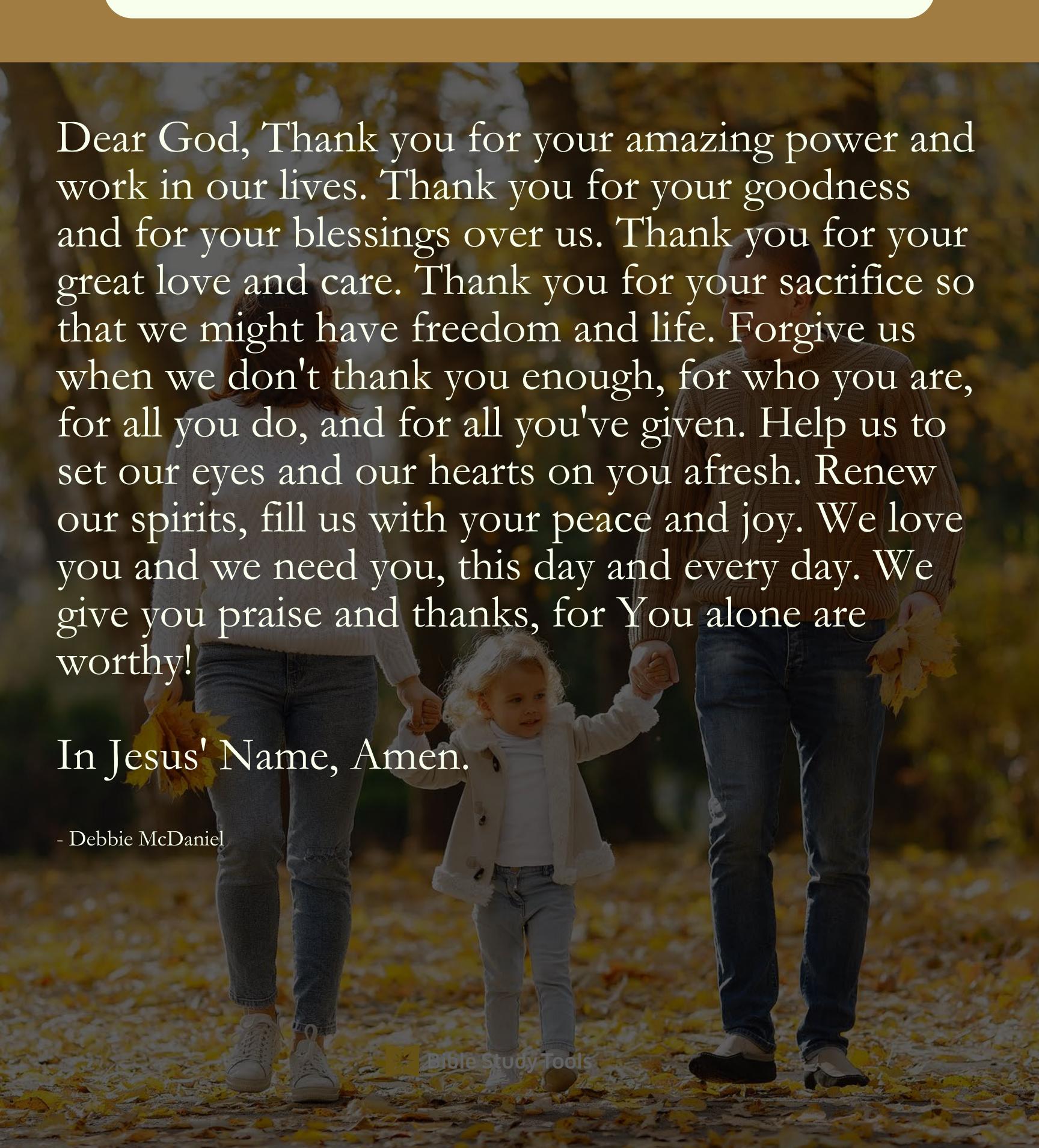
How can you practice gratitude as you enter the holiday season?



What are practical things you are grateful for? Your health? Home? Community? Make a list.



How does having a grateful heart impact your relationship with your spouse? Yourself? Your friends? Your parents? Your kids?



What is something from the past, present, and future that you are grateful for?

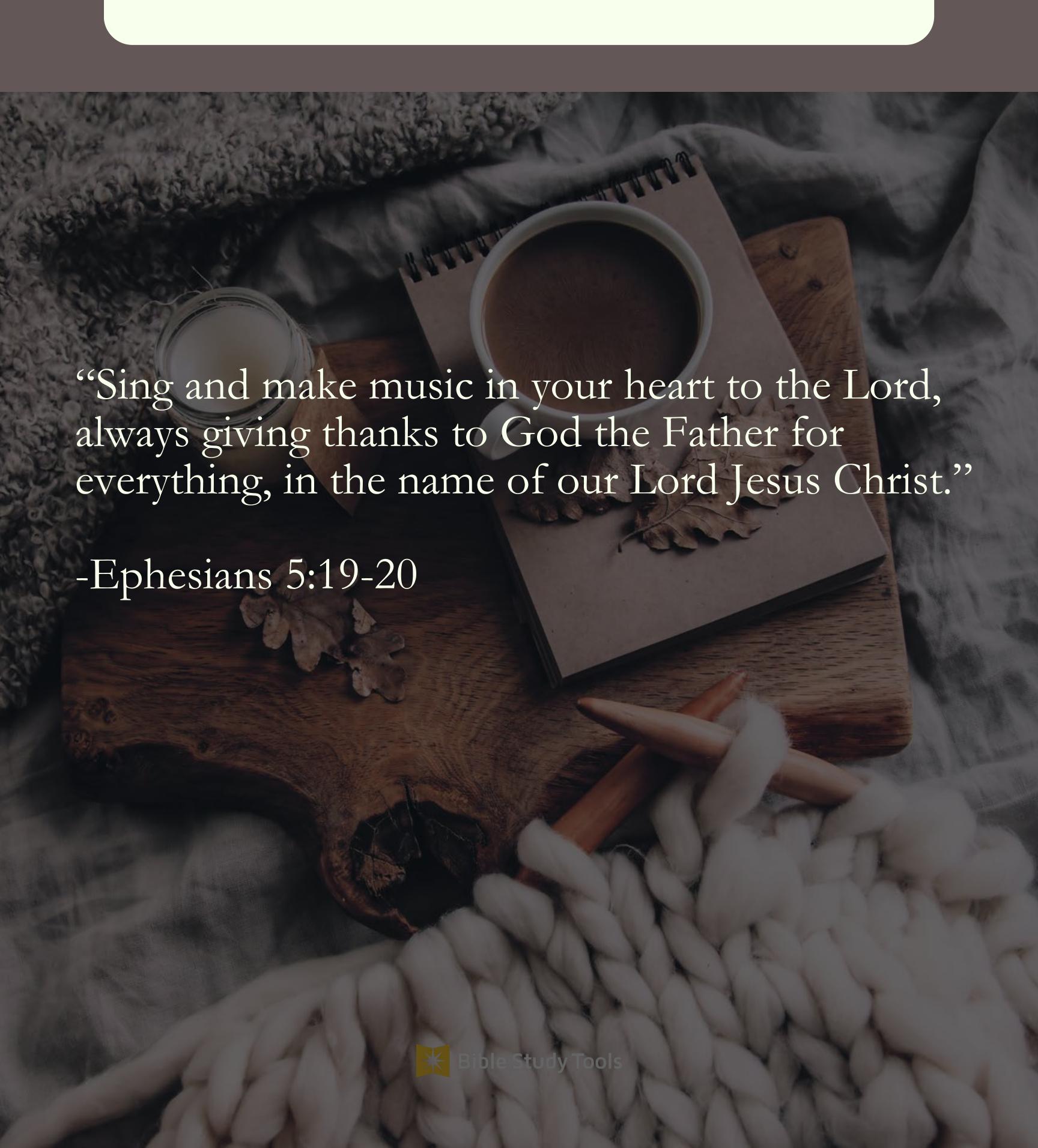
We realize that everything we have comes from You, and for that, we are eternally grateful. We also thank You for what we don't have this year, for we trust that You have withheld in Your goodness and out of Your protection for us. Thank You that Scripture says You are a Good Father who loves to give gifts to Your children. We sit here as evidence of Your goodness. Thank You for the gift of today. In the name of Your Son, Jesus, we pray.

Amen.

- Cindi McMenamin



What's something that you're grateful to have today that you didn't have a year ago?



Reflect on the past 30 days. How have you grown? What has the Lord taught or revealed to you?

Lord, teach me to offer you a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually, and to give thanks in all my circumstances. I accept them as Your will for my life (1 Thessalonians 5:16-18). I long to bring pleasure to Your heart daily. Break the power of the enemy in my life. Defeat Him through my sacrifice of praise. Change my outlook and attitude into one of joyful contentment with my present circumstances. I thank You for... [Name a difficult circumstance in your life presently and thank God for it.]

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In Jesus' name, Amen.

-Debbie Przybylski, Intercessors Arise International

