



Thankful Meditations Day 1

BIBLE READING: 1 THESSALONIANS 5:12-28

LIFE APPLICATION:

1. Consider verses 14-15. How can you specifically show God's love to one person today? _____

2. According to verse 18, what is God's will for you in Christ Jesus? _____

3. In what circumstances should you give thanks? _____

Are there any circumstances that you are facing today that will make giving thanks difficult? _____

(If so, you might want to claim Philippians 4:11-13 as your meditation for the day.)



WRITE IT: 1 THESSALONIANS 5:16-18



Thankful Meditations Day 2

BIBLE READING: COLOSSIANS 3:12-17

LIFE APPLICATION:

1. According to verses 12-14, what are some attitudes that God is calling you to put on today? _____

How are you doing? Are you struggling to put on any of these attitudes right now? _____

(Don't forget Philippians 4:11-13! You can't do this through your own strength, but you can through Christ's strength!)

2. Why should you put on these attitudes? (See the beginning of verse 12) _____

3. According to verses 15-16, what are some things that you should be intentionally filling your life with? _____



WRITE IT: COLOSSIANS 3:17



Thankful Meditations Day 3

BIBLE READING: PSALM 118:1-9, 19-29

LIFE APPLICATION:

1. What are some things that the Psalmist is thanking God for in this Psalm? _____

2. In these verses, the Psalmist is prophetically rejoicing in and thanking God for God's beautiful plan of salvation. Verse 22 speaks of the stone which the builders rejected. Read Acts 4:10-12. Who is the rejected stone that became the chief corner stone? _____

Do you ever thank God for, and marvel in, His plan of salvation? Take a moment and pray Psalm 118:21-23 and John 3:16 back to God, thanking Him for making a way for you to be cleansed from your sins through the sacrifice of His Son, Jesus Christ.



WRITE IT: PSALM 118:21-23



Thankful Meditations Day 4

BIBLE READING: EPHESIANS 1:3-23

LIFE APPLICATION:

1. What are three (or more!) spiritual blessings that you can thank God for in verses 3-14? _____

2. Whom is Paul thanking God for in verses 15-16? _____

Do you ever thank God for fellow believers and pray for their spiritual growth? _____

3. What are three things that Paul prays that the Ephesians will fully understand in verses 18-19?

1. _____

2. _____

3. _____

Pause for a moment, read through this list again, and thank God for these spiritual blessings that He has given to you.



WRITE IT: EPHESIANS 1:18-19A




Prayer Journal

DATE: _____

THANKSGIVINGS AND PRAISE:

REQUESTS:

ANSWERED PRAYER:

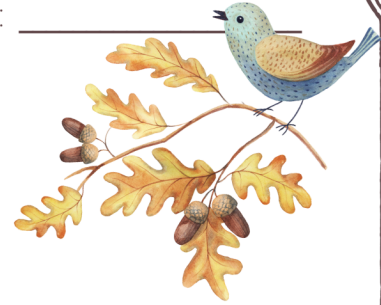


The Lord is my strength and my shield;
in him my heart trusts, and I am helped;
my heart exults,
and with my song I give thanks to him.

Psalms 28:7

Prayer Journal


DATE: _____



THANKSGIVINGS AND PRAISE:

REQUESTS:

ANSWERED PRAYER:



But this I call to mind, and therefore I have hope:
The steadfast love of the Lord never ceases;
his mercies never come to an end; they are new
every morning; great is your faithfulness.



Lamentations 3:21-23

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ

Jesus for you.



1 Thessalonians 5:16-18

1

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.



Ephesians 3:17

2

I thank you that you have answered me and have become my salvation. The stone that the builders rejected has become the cornerstone. This is the Lord's doing; it is marvelous in our eyes.



Psalms 118:21-23

3

...having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might...



Ephesians 1:18-19

4

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to

change.

James 1:17



5

It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness

by night,

Psalms 92:1-2



6

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of

God in Christ Jesus our Lord.



Romans 8:38-39

7

but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our

Lord Jesus Christ,



Ephesians 5:18-20

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