

CULTIVATING
gratitude

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Week 1, November 1-5, 2021:

Thanking God for Who He Is

Day 1: Read 1 Chronicles 16:34

How had David seen the Lord's goodness and faithfulness, as described for us in this chapter?

What are some specific ways you have seen His goodness and faithfulness?

Thank Him for them!

Day 2: Read Psalm 75:1 (NLT if possible)

What characteristic of God is the psalmist expressing gratitude for in this verse?

When is the Lord near to you? (Read Psalm 139.)

Thank Him for His nearness!

Day 3: Read Psalm 92:1-2

Why is it "good" to give Him thanks?

What difference do you notice in your attitude and heart when you remember to thank Him?

What quality did the psalmist say to proclaim in the morning? And in the evening?

For the rest of the week, each morning thank Him for His unfailing love and look for ways in which He shows you His love each day! And each night, thank Him for His faithfulness and the specific ways in which He was faithful to you that day!

Day 4: Read Psalm 95:1-5

What do you learn about God through these verses? Thank Him for who He is!

Day 5: Psalm 107:1-3 (NIV if possible)

("The central theme of redemption in Scripture is that God has taken the initiative to act compassionately on behalf of those who are powerless to help themselves. The New Testament makes clear that divine redemption includes God's identification with humanity in its plight, and the securing of liberation of humankind through the obedience, suffering, death, and resurrection of the incarnate Son." - biblestudytools.com)

How has the Lord redeemed you?

(Moms, review the Gospel with your child at this point.)

Thank Him for the cross and for saving you!

Day 6: 1 Corinthians 15:57

How does God give us victory over sin?

When you are tempted to sin, recall this verse and pray for His help. Then thank Him for it!

Week 2, November 8-12, 2021:

Thanking God: Following the Example of Jesus

Day 1: Read Matthew 11:25-27 (NLT or NKJV if possible)

For what did Jesus thank God?

Follow the example of Jesus today and thank God for revealing His truth and His ways to you. Ask Him to continue to grow you in His grace and truth!

Day 2: Read Matthew 15:32-38

For what did Jesus thank God?

Did He thank God because it was a large amount?

What can that teach you?

Was it enough to satisfy the people?

What can that teach you?

Day 3: Read Matthew 26:20-28 (NIV if possible)

For what did Jesus give thanks?

What did Jesus say the bread and wine represented?

Does it surprise you that He gave thanks for something that symbolized the pain of His death, which He was about to face? Why or why not?

What can that teach you?

Day 4: Read John 11:38-44

For what did Jesus give thanks?

Is that something you remember to thank Him for?

When He thanked God for hearing Him, had He seen Lazarus yet?

What can that teach you?

Day 5: Read Luke 17:11-19

In this instance, we do not see Jesus giving thanks but rather taking notice of the one who *did* give thanks. Who thanked Jesus? What was significant about this person?

Are you more like the nine, who did not return to give thanks, or the one who did?

How can you be more purposeful in giving Him thanks this week?

Week 3, November 15-19, 2021:

Thanking God for the Blessings He Has Given Us (Including the People in Our Lives)

Day 1: Read 2 Corinthians 9:15.

What gift was being referred to here (see verses 1-2)?

What are some "gifts" (including things you may not even think of as "gifts")
that you can thank God for?

If He supplied the gift through the generosity, love, or care of others (such as the case here),
remember to thank Him for the people through whom He worked, too!

Day 2: Read Ephesians 1:15-20

What was Paul thanking God for in these verses?

Who can you thank Him for?

What else can you pray for them, following Paul's example?

Day 3: Read Ephesians 5:20

For what did Paul say to give thanks?

What can you thank Him for today?

Day 4: Read 1 Timothy 2:1-2

For whom can you remember to thank God and pray for today?

Day 5: Read Hebrews 12:28 (NIV or NLT if possible)

What are we receiving?

How does this help us to be thankful?

Week 4, November 22-26, 2021:

Thanking God in All Circumstances

Day 1: Read Daniel 6:1-13

Why is it significant that Daniel still prayed, and especially that he continued to give thanks, to God?

Do you find it hard to give thanks in difficult situations?

How can Daniel's example encourage you?

Day 2: Read Psalm 50:14 (NLT if possible)

How can thanksgiving be considered a sacrifice to God?

Read verses 9-13

How does this show the significance of offering thanks to God?

Day 3: Read Philippians 4:6 (NLT if possible)

Even when we feel anxious or worried, we are to give thanks. Why? (See the end of verse 6, if using the NLT.)

Day 4: Read Colossians 3:15 and 3:17 (NLT if possible)

When are we to be thankful? (v15)

With what kind of attitude are we to do all things? (v 17)

If this sounds too hard to do on your own, it is! Ask Him to work within you so that you will be able to live out His commands!

Day 5: Read 1 Thessalonians 5:16-18

What is God's will for you?

How can this help you in knowing what you are to do?

How can you apply this today, in whatever situation you are going through?