

## Reflect, Remember, Give Thanks

Over the next 21 days, we want to commit as a community to ensure remembrance and gratitude become a habitual part of our lives. Take time each day to reflect and give thanks to God. Feel free to use the questions below to guide you.



- When you are disappointed, what can you remember to be thankful for?
- When has gratitude helped you see God in difficult or troubling events?
- What are you grateful God is doing in your life, your community and the world?
- When was the first time that the story of Jesus really sounded like good news to you?
- How do you express your gratitude?
- Like God giving manna to the Israelites in the desert, what are the things God has provided for you daily that you should be thankful for?
- As you consider God, what are 3 aspects of his character that make you thankful?
- What are 3 ways you can actively show gratitude to God today?
- What does it look like to live a life of thankfulness in your heart to God?
- Are you thankful more often than not? If not, why? Write down some ways you can start practicing gratitude.
- Looking back, what things in life are you thankful for that didn't go as planned?
- Reflect on a story in the Bible where people were thankful. How does the story help you understand the importance of being thankful?
- What is your favorite Bible verse on gratitude? Why is it meaningful to you?
- When and how did Jesus express His gratitude? (Read John 11:38-42 as an example)
- Think of a time when someone didn't express their gratitude for something you did. How did it affect you?
- Why does God want us to be grateful?
- Is it important for God to hear our gratitude? Why or why not?
- How do you feel when you are around someone who regularly expresses their gratitude? In what ways is their gratitude evident?
- At the end of the day, reflect on how often you were thankful. How did being thankful impact your day?
- Why is it important to keep practicing gratitude?
- Reflect on the past 3 weeks of practicing gratitude. What are 3 ways it has made a difference in your life?
- How has practicing gratitude made a difference in your relationships?
- What will you do when you aren't feeling like being thankful? Write down a 3-step action plan for how you will redirect your attitude to one of gratitude.

## Verses for Reflection

**Ps. 30:11-12** You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!

**Phil. 4:4-7** Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**Col. 3:15-16** Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

**Rom. 11:33-36** Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! "For who has known the mind of the Lord, or who has been his counselor?" "Or who has given a gift to him that he might be repaid?" For from him and through him and to him are all things. To him be glory forever. Amen.

We would love to hear how God is working through your heart, family & community.  
Please share with us how you are growing in gratitude this month.



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www.mpccommunitychurch.com/gratitude

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Today I can show I am thankful by...	I am thankful for my friend ____ because...	I am thankful when I see...	Something really tiny I'm thankful for is...	Something beautiful I'm thankful for...	I am thankful for my mom/dad because...	Something funny I am thankful for is...
Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples! Psalm 105:1	Love one another with brotherly affection. Outdo one another in showing honor. Romans 12:10	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	Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. Ephesians 5:20	The heavens declare the glory of God, and the sky above proclaims his handiwork. Psalm 19:1	Hear, my son, your father's instruction, and forsake not your mother's teaching, for they are a grateful garland for your head and pennants for your neck. Proverbs 1:8-9	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. Colossians 3:17

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Something about myself I am thankful for is...	When I am disappointed, I remember I can be thankful for...	A character (Bible, book, etc.) I am thankful for is...	I am thankful when I get to...	Something in nature I am thankful for is...	Sing a song you are thankful for.	The holiday I am most thankful for is...
I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. Psalm 139:14	Let not your hearts be troubled. Believe in God; believe also in me. John 14:1	...man does not live by bread alone, but lives by every word that comes from the mouth of the Lord. Deuteronomy 8:3	Oh give thanks to the Lord, for he is good, for his steadfast love endures forever! Psalm 107:1	...You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything... Nehemiah 9:6	I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds. I will be glad and exult you; I will sing praise to your name, O Most High. Psalm 9:1-2	And now we thank you, our God, and praise your glorious name. 1 Chronicles 29:13

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Even when I have a hard day, I am thankful for...	Make a card to tell someone you are thankful for them.	Something really big I'm thankful for is...	I'm thankful for something new that I learned, which is...	An extended family member I am thankful for is...	I am thankful for a gift I received, which was...	Pray to God, thanking him for His goodness.
The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. Lam. 3:22-23	... I thank my God through Jesus Christ for all of you... Romans 1:8	That my glory may sing you praise and not be silent. O Lord my God, I will give thanks to you forever! Psalm 30:12	Let the wise hear and increase in learning, and the one who understands obtain guidance. Proverbs 1:5	Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! Psalm 100:4	Thanks be to God for his inexpressible gift! 2 Corinthians 9:15	Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18

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