

Daily Reflection on Scripture
Week of November 19
The Miraculous Gift of Gratitude
Week 1



Fourteen Day Thanksgiving Practice. Remember to practice a Thanks Giving Blessing – Say words of **thanks** to God and others. **Give** an act of kindness through service. **Bless** others with a smile or positive words of affirmation.

Sunday November 19

1 Thessalonians 5:18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Sacred Pause: Thanksgiving is a 365 day a year celebration. In everything there is something for which you can be thankful. Be thankful and it can change your circumstances.

Monday November 20

Psalm 118:24 This is the day the LORD has made; We will rejoice and be glad in it.

Sacred Pause: Today is a gift from God. Instead of ruminating on your struggles, name three things for which you thankful. An offering of gratitude can change your whole day.

Tuesday November 21

Psalm 136:1 Give thanks to the Lord, for he is good, for his steadfast love endures forever.

Sacred Pause: Give thanks to the Lord by saying, “Thank you” to those around you. Throughout the day try to say “thank you” often. A simple “Thank you” is a prayer of blessing.

Wednesday November 22

Colossians 3:17 Whatever you do, whether in speech or action, do it all in the name of the Lord Jesus and give thanks to God the Father through him.

Sacred Pause: Whatever you do, do it as an act of thanksgiving to God. Your words and actions are a way to serve and bless those around you. Being thankful changes the day.

Thursday November 23

John 6:11 Jesus took the bread in his hands and gave thanks to God.

Sacred Pause: As you gather around a table today to break bread, remember to give thanks to God for the food on your table and for the love of others surrounding the table.

Friday November 24

Ephesians 1:16 I have not stopped thanking God for you. I pray for you constantly.

Sacred Pause: Pause and think of all the people in your life for whom you are thankful. Say a prayer of blessing for every one of them. You will be blessed by blessing them.

Saturday November 25 *Lamentations 3:22-23* God's loyal love couldn't have run out, God's merciful love couldn't have dried up. They're created new every morning. How great your faithfulness!

Sacred pause: God's merciful love is created new every morning. Receive God's mercy and love for you today. Show your gratitude to God by giving merciful love to others.