

Daily Reflection on Scripture
Week of July 7
Gratitude:
The One Things that Changes Everything
Week 3: Thank You



Sunday July 7

Scripture: Philippians 1:3 I thank my God in all my remembrance of you

Morning Prayer: God, thank you for the many friends and supportive family members I have in my life. I am who I am today because of people who have walked with me, stayed by my side, encouraged me, taught me, and prayed for me. The remembrance of each one of these persons is rich and transforming. Help me this week to overcome any fears or inadequacies that might be hindering me from letting these people know how thankful I am for them. Thank You for each and every person that has come into my life with a gift of love, welcome and hope. Now, I want to let them know how thankful I am for their positive influence. May it be so.

Morning Gratitude Text: In your journal record names of 5 people for whom you are thankful. Try to think beyond just family. Write down a specific reason you are thankful for them.

Noon Gratitude Text: Make a special effort to thank the people who serve you at a store or restaurant. Record in your journal how that felt and how the person responded to you.

Evening Gratitude Text: As the day closes think of the 5 people you recorded in your journal. Thank God for the role they've held in your life. Notice how such gratitude feels.

Monday July 8

Scripture: Colossians 4:2 Devote yourselves to prayer with an alert mind and a thankful heart.

Morning Prayer: God, this verse reminds me that prayer is so much more than saying some words a few times a day, asking for help when I need it, or even saying thank you for the abundant gifts and blessings of my life. Prayer is cultivating an attitude where my mind is always alert, and consciously in communication with You and Your presence as it is revealed around me in every person I meet, and every circumstance of my life. I need gentle reminders to be in a state of constant, intentional, and prayerful gratitude. Help me to be aware of those gentle reminders wherever I might find them. I am grateful for the reminder of this brief scripture today. May it be always so.

Morning Gratitude Text: Send a thank you note to one of the names you recorded in your journal. Be specific with what you want to say to them. Record in your journal how this feels.

Noon Gratitude Text: Take a moment to send a text of gratitude to a family member or friend. Remember to be specific. Record in your journal how that felt.

Evening Gratitude Text: As the day winds down take some moments to write in your journal how gratitude is changing your view of people and things. Doing this can help you rest.

Tuesday July 9

Scripture: Colossians 3:17 Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way.

Morning Prayer: God, I know that living a thank-filled life makes a world of difference in how I approach the challenges in my life. As I have begun to be more deliberate in creating an attitude of gratitude, in recognizing all that I have to be grateful for, it is easier each day to spend those moments when I first wake up offering words of thanks. That helps set the tone for the remainder of the day. So I begin by thanking You God, for another day of life, knowing that whatever comes of my day You are with me. Let me carry my thanks throughout the day, remembering how it feels to be thanked for some small thing so that I will remember to thank everyone else for everything big or small. Offering thanks is a blessing to others but also to me. May it be so.

Morning Gratitude Text: Send a thank you note to one of the names you recorded in your journal. Be specific with what you want to say to them. Record in your journal how this feels.

Noon Gratitude Text: Pause and think about the people in your childhood who were most influential to you. Write down a prayer of thanks to God for the impact they made on you.

Evening Gratitude Text: As you prepare to rest recall the people who served, or worked alongside you today. Focus on one of them and write a prayer of gratitude for him/her. Rest well.

Wednesday July 10

Scripture: Psalm 107:1 Give thanks to the Lord, for God is good! God's faithful love endures forever.

Morning Prayer: Thank you God for loving me day in and day out. Your faithfulness is a constant in my life that I need. I also need people in my life who love me and whom I can love. So I begin my day by giving thanks to You and I then follow that up with gratitude for all the people who have helped me over the years. When I pause to think of Your faithfulness and the faithfulness of friends I realize how blessed I am. May this gratitude guide me through the day. May I show my gratitude to all the people I see today. May it be so.

Morning Gratitude Text: Send a thank you note to one of the names you recorded in your journal. Be specific with what you want to say to them. Record in your journal how this feels.

Noon Gratitude Text: Plan to do something special for a family member or friend. We often think that our loved ones know we are grateful for them, but they still need to be told.

Evening Gratitude Text: The day is closing but there is still time to show gratitude to others. Before the day is over is there someone you need to thank? Gratitude changes everything.

Thursday July 11

Scripture: 1 Timothy 4:5 Everything God created is good, and to be received with thanks.

Morning Prayer: God, to be honest I don't receive everything with gratitude. There are times when I want more than what I have. There are times when I wish circumstances were different. There are times when I ruminate more on what is missing in my life than being thankful for what I have. So today I am deciding to move from ruminating to gratitude by choosing to remember certain people in my life who have supported me, held me accountable, prayed with me, and loved me regardless. People are the really good thing in my life. And so I am choosing to start my day with thanks for people. May it continue all day long.

Morning Gratitude Text: Send a thank you note to one of the names you recorded in your journal. Be specific with what you want to say to them. Record in your journal how this feels.

Noon Gratitude Text: In this moment for whom are you most grateful? Why? Write a prayer of gratitude in your journal. How might you share your gratitude with the person today?

Evening Gratitude Text: Ending your day with gratitude is proven to help you sleep better. Take two minutes to write down the things for which you are grateful. You will rest well.

Friday July 12

Scripture: John 11:41 Jesus raised his eyes to heaven and prayed, "Father, I'm grateful that you have listened to me. I know you always do listen..."

Morning Prayer: God, what a reassurance it is to know that You are listening. Whether my prayers are a lament or a prayer to glorify Your name, You listen. Now I need to listen for Your still, small voice of response. Sometimes Your response is in the words or actions of others; sometimes in what I am experiencing in nature. Help me be aware and pay attention to the many places I experience You. In all of my own words and actions may I give thanks to You and to others. May it be so.

Morning Gratitude Text: Send a thank you note to one of the names you recorded in your journal. Be specific with what you want to say to them. Record in your journal how this feels.

Noon Gratitude Text: Remember gratitude is the one thing that changes everything. Take notice this afternoon to the number of times you say "Thank you". The more the merrier.

Evening Gratitude Text: As you prepare to rest, take a moment to write a prayer of gratitude. Thank God for the people who helped you in one way or another today. Say a prayer for them.

Saturday July 13

Scripture: Psalm 118:21 I thank you for answering my prayers and giving me victory!

Morning Prayer: Intentionally practicing gratitude these past two weeks, God, I've begun to notice that I'm beginning to do it spontaneously throughout my day versus only those moments when I'm prompted to pause, reflect, or journal. In doing so I'm seeing with greater clarity how you've always been there for me. How could I have ever doubted that? I see you in the faces of people I meet, in nature, everywhere. My prayers have never gone unanswered. Sometimes I've ignored the answer because I was trying to control the outcome out of fear or ego. Sometimes the answer was not what I specifically prayed for or about but something far better for me or the situation. Sometimes the answer was yes, and sometimes the answer was no. Nonetheless, I can't explain it, but with this practice of gratitude, I'm living more fully in the moment which in turn is opening my heart to endless possibilities and joy. May it always be so.

Morning Gratitude Text: Think of all the people you met this week. Think of the diversity. Think of those who helped you. In your journal record what you learned about gratitude.

Noon Gratitude Text: Regardless of how your day is going, take a moment and thank God for just one thing you are grateful for in this moment. Record your thoughts in your journal.

Evening Gratitude Text: In the darkness the moon is shining to remind you of the light of God's love. It's a reflection of the sun that will rise tomorrow. Write a prayer of gratitude.