

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

*1 Thessalonians 5:16-18
November 1st – November 25th*

Benefits of gratitude

1. Gratitude glorifies God
2. Gratitude helps us see God.
3. Gratitude puts us inside God's will.
4. Gratitude brings peace.
5. Gratitude draws us to God.
6. Gratitude brings contentment
7. Gratitude deepens faith.
8. Gratitude leads to joy.
9. Gratitude defies Satan's lies.
10. Gratitude guards against envy.
11. Gratitude helps us live in the present.
12. Gratitude is a testimony of God's presence.

-25- DAYS OF GRATITUDE

November 2021

THE
Valley
CHURCH

DAY 1

"Everything we do should be a result of our gratitude for what God has done for us."

Lauryn Hill

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

One lesson I get from this scripture is...

What are 3 things I feel grateful for today?

1.

2.

3.

Text 3 people today why your grateful for them

DAY 2

"Gratitude is riches. Complain is poverty." Doris Day

Psalm 95:1-3

***Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.
For the Lord is the great God,
the great King above all gods.***

One lesson I get from this scripture is...

What are 3 things I feel grateful for today?

1.

2.

3.

Text 3 people today why your grateful for them

DAY 3

"Gratitude and attitude are not challenges; they are choices." Robert Braathe

Colossians 2:6-7

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

One lesson I get from this scripture is...

What are four things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.

Text 3 people today why your grateful for them

DAY 4

"This is a wonderful day I have never seen this one before." Maya Angelou

Psalm 7:17

***I will give thanks to the Lord because of his righteousness;
I will sing the praises of the name of the Lord Most High.***

One lesson I get from this scripture is...

What are four things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.

Text 3 people today why your grateful for them

DAY 5

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” Voltaire

Colossians 3:15-17

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 message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 6

“When eating fruit, remember the one who planted the tree.” Vietnamese Proverb

Psalm 9:1

I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

Day 7

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." GK Chesterton

Colossians 4:2

Devote yourselves to prayer, being watchful and thankful.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 8

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some."
Charles Dickens

Psalm 35:18

I will give you thanks in the great assembly; among the throngs I will praise you.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 9

"Enjoy the little things, for one day you may look back and realize they were the big things."

Robert Brault

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 10

"Enough' is a feast." Sidartha

Psalm 100:4-5

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 11

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melodie Beattie

Hebrews 12:28-29

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 12

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictitus

Psalm 106:1

Praise the Lord.

Give thanks to the Lord, for he is good; his love endures forever.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 13

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

Germany Kent

Hebrews 13:15-16

Through Jesus, therefore, let us continually offer to God a sacrifice of praise — the fruit of lips that openly profess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 14

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time." Douglas Wood

Psalm 107:21-22

Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind. Let them sacrifice thank offerings and tell of his works with songs of joy.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 15

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." Winnie the pooh

Psalm 118:1

Give thanks to the Lord, for he is good; his love endures forever.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 16

"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."
Dietrich Bonhoeffer

Psalm 147:7

Sing to the Lord with grateful praise; make music to our God on the harp.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 17

“Wear gratitude like a cloak, and it will feed every corner of your life.” Rumi

Revelations 4:4

Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever,

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 18

*“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”
Epicurus*

1 Chronicles 29:18

Now, our God, we give you thanks, and praise your glorious name.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 19

“Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.” Maya Angelou

Nehemiah 12:31

I had the leaders of Judah go up on top of the wall. I also assigned two large choirs to give thanks. One was to proceed on top of the wall to the right, toward the Dung Gate.

One lesson I get from this scripture is

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 20

“If the only prayer you said was thank you, that would be enough.” Eckhart

Psalm 106:47

Save us, LORD our God, and gather us from the nations, that we may give thanks to your holy name and glory in your praise.

One lesson I get from this scripture is

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 21

"We must find time to stop and thank the people who make a difference in our lives." JFK

Revelations 11:17

We give thanks to you, Lord God Almighty, the One who is and who was, because you have taken your great power and have begun to reign.

One lesson I get from this scripture is

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 22

"Gratitude is not only the greatest of virtues, but the parent of all others." Marcus Tullius Cicero

Psalm 118:31

I will give you thanks, for you answered me; you have become my salvation.

One lesson I get from this scripture is

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 23

"Gratitude looks to the Past and love to the Present; fear, avarice, lust, and ambition look ahead." C.S. Lewis

1 Corinthians 1:4

I always thank my God for you because of his grace given you in Christ Jesus.

One lesson I get from this scripture is...

What are five things I feel grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 24

"What separates privilege from entitlement is gratitude." Brené Brown

Ephesians 5:18-20

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

One lesson I get from this scripture is...

What are five things I feel grateful for today??

- 1.
- 2.
- 3.
- 4.
- 5.

Text 3 people today why your grateful for them

DAY 25

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Paul of Tarsus (Philippians 4:4-8)

HAPPY THANKSGIVING!

One lesson I get from this scripture is

Write a letter of *thanksgiving* to God this morning.

Share with your family what and who you are thankful for.