

SAMPLE - NOT FOR DISTRIBUTION

EVERY Thanksgiving DAY

living a life full of gratitude

A Soul Inspired Bible Study
and Journal



Everyday Thanksgiving — Living A Life Full of Gratitude

A Soul Inspired Bible Study Booklet

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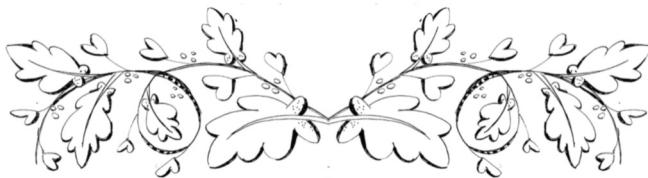
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PLANTING THE
SEEDS OF GOD'S WORD
IN OUR HEART AND
WATERING THEM WITH PRAYER
GROWS THE MOST BEAUTIFUL
blooms of thanksgiving.

Jana Kennedy-Spicer



Introduction



Just a few weeks ago, my husband and I were enjoying some time away in the mountains of New Mexico. The bright golden color of aspen trees with changing leaves combined with the cool crisp air was soul refreshing for this Texas girl.

Although it was still hot at home, there in the mountains, my favorite season was in full display.

Autumn. Ahhhh.

Yes, my favorite season. But not for the weather, although the cooler temps are very welcome after 100o summer days. And not for the colors, even though there is nothing like the beauty of the fiery red and golden leaves fluttering in the breeze.

No autumn is my favorite time of year because as the season changes, it seems attitudes also change and a sense of “gathering” sets in as the holidays are just around the corner.

Thanksgiving and Christmas.

True thanksgiving, though, is so much more than a holiday or a by-product of changing seasons.

True thanksgiving is a heart condition displayed in our normal day to day life.

True thanksgiving is everyday thanksgiving.

When we say “thank you” to someone is it typically for something - something they’ve said that made us feel good or something they’ve done which we appreciate. This is a lovely and right expression. But this isn’t the type of thanksgiving we are called to by God’s Word.

Biblical thanksgiving is much deeper than a mere expression or note card.

***“Give thanks in all circumstances,
for this is the will of God in Christ Jesus for you.”***

1 Thessalonians 5:18

Biblical thanksgiving is not based on our circumstances, it is *in spite of our circumstances*.

***“Giving thanks always and for everything to God the Father
in the name of our Lord Jesus Christ.”***

Ephesians 5:20

Biblical thanksgiving is not an occasional feeling or spoken word, it is *an always attitude*.

These scriptures teach us that:

1. True thanksgiving is present in all of our circumstances—good or bad, easy or hard, beneficial or costly.
2. True thanksgiving is present in all of our days— short or long, calm or stressful. Celebratory or mournful.
3. True thanksgiving is *everyday thanksgiving*.

Soul Friends, I would love for you to join me on this 31-day journey through the Bible as we dive soul deep each day in to God’s Word to learn how we can live a life of *everyday thanksgiving*.



Scripture Reading List



1. 1 Thessalonians 2:13
2. Colossians 3:17
3. Philippians 1:3
4. Psalm 79:13
5. 1 Chronicles 16:35
6. 1 Timothy 2:1
7. Isaiah 51:3
8. Psalm 118:21
9. Romans 1:8
10. 1 Thessalonians 3:9
11. Daniel 2:23
12. Philippians 4:6
13. Psalm 95:2
14. 1 Chronicles 16:34
15. 1 Timothy 1:12
16. Ephesians 5:4
17. Psalm 109:30
18. Revelation 11:17
19. 1 Corinthians 15:57
20. Colossians 3:15
21. Luke 2:38
22. Psalm 75:1
23. 1 Chronicles 23:30
24. 2 Corinthians 9:11-12
25. Jeremiah 30:19
26. Psalm 142:7
27. Romans 6:17
28. 1 Chronicles 29:13
29. 2 Thessalonians 1:3
30. Luke 17:15-16
31. Psalm 28:7



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FIRST
CHRONICLES
29:13

AND NOW WE

Thank you
our God AND

Praise YOUR
glorious NAME



How to Use This Study



In this study booklet, you have three sections.

In **SECTION ONE** you have a page for 7 of the scriptures on our reading list. Go at your own pace, whether a scripture a day or a week, or even several a day.

- On each scripture's page you'll see 5 sections.

READ : Read the scripture. Read it in context including the scriptures before and after, maybe even the whole chapter. Look it up in multiple translations. Then, write out the scripture in your own words, personalizing it specific to you and your current situation.

REFLECT : Use your Bible study sources (commentaries, dictionaries, etc or BibleHub.com) to learn more about the scripture. Make notations about what stood out to you.

RELATE : How does this scripture relate to you personally or your life situation? What does God want you to know from this scripture? How does it speak God's reassurances to you? Make all of these notations in this section.

REMEMBER : What is the one or main thing about the scripture which you want to remember?

PRAY : Conclude your study time by writing a prayer to God. Maybe incorporate portions of the scripture. Praise God and thank Him for the blessings in your life.

If you're like me, you may need more writing room, so keep some blank paper handy. Use the blank pages included to study additional scriptures.

In **SECTION TWO** you will find three devotionals from myself and my friend Jodie Barrett about how we can learn to live a life full of thanksgiving.

My prayer is that the devotions and challenges — *Thankful for You, Entering His Gates and Recounting Your Wonderous Deeds* — will inspire, challenge and encourage all of us to seek a humble position before God which enables us to change our perspective to recognize all that we have with a heart of gratitude.

In **SECTION THREE** you will find the full year *Everyday Thanksgiving Challenge Journal*. Use these pages throughout the year to document your gratitude every day. Take time to daily pause and intentionally express gratitude for what God has done that day.

Included are several additional scriptures for study and reflections as well as some specific encouragements and challenges to help us win the war of our words.

On the **Prayer Journal** pages, select one or two of the scriptures from each session to personalize and pray back to God.

Also you'll find lots of space to journal or get creative and let your soul be inspired.

read "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

reflect

relate

remember

pray

read “But we your people, the sheep of your pasture,
will give thanks to you forever; from generation
to generation we will recount your praise.”

Psalm 79:13

reflect

relate

remember

pray

Challenge Journal



Autumn, my favorite season. October means pumpkin spice everything and November means all topics thanksgiving and gratitude.

But what happens in January? And then February? March? April? Do we carry our ‘attitude of gratitude’ so prominently displayed in November throughout every other month during the year?

This journal looks common, but it’s not just a place to make a list of things your are thankful for during November. This “*Everyday Thanksgiving Challenge Journal*” is different because I am throwing out a challenge to you (and me).

CHALLENGE #1: Use this journal for 365 days. Habits may be formed in 30 days or less, but changes of heart are reflected every day after. Everyday thanksgiving stretches well beyond the boundary of a calendar month, it is a heart condition which we live out each and every day. So use this journal for November, and then again for December, and again for January, and so on, and so on.

*“Give thanks in all circumstances,
for this is the will of God in Christ Jesus for you.”*

1 Thessalonians 5:18

CHALLENGE #2: Be thankful in all circumstances. True thanksgiving is not dependent on our circumstances. True thanksgiving exists in spite of our circumstance. So the second challenge is to not look for the easy things to be thankful for like friends and family and happy moments. Oh be thankful for those things, but look for the difficult moments and find something thankful in that circumstance. Look toward that difficult person in your life, and find something thankful about that relationship.

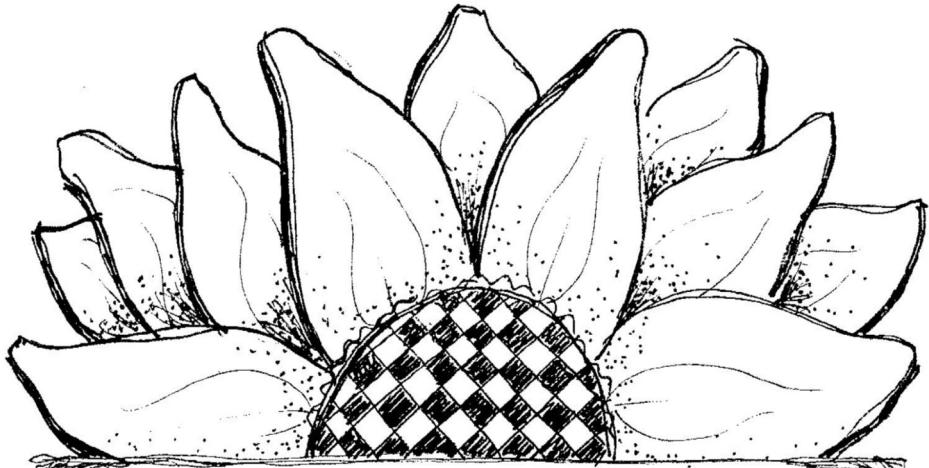
***"Giving thanks always and for everything to God the Father
in the name of our Lord Jesus Christ."***

Ephesians 5:20

CHALLENGE #3: Be thankful for everything, everyday. True thanksgiving understands that every happening, every gift, every challenge is from God. So the third challenge is to daily pause and intentionally express gratitude for what God has done that day. Good or bad, happy or sad. It's easy to be thankful when something goes our way or something happens to make us happy, but sometimes God's gift to us is much bigger. We need to always be aware of God in our life and acknowledge that everything we have is from God. It's important for us to recognize these God moments and to give God the glory.

So, are you up for the challenge? You don't have to do this alone. Invite a friend to join you and also accept the challenge. Join our community on-line and let's accept this challenge together! I'll share my Everyday Thanksgiving moments, and you can share some of yours.

Let's encourage others to develop the beautiful heart condition of *Everyday Thanksgiving*.



November

Today I Am Thankful For:

1.

2.

3.

4.

5.

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24.

25.

26.

27.

28.

29.

30.

This month God showed me:

That's a Wrap



Soul Friends, it has been such a joy to share this Bible study with you. Please know that you have been prayed over and I am so thankful for you!

To wrap up our study time on Everyday Thanksgiving, I want to leave you with these thoughts from A.W. Tozer:

Gratitude

IS AN OFFERING PRECIOUS IN THE SIGHT OF GOD, AND IT IS ONE THAT THE POOREST OF US CAN MAKE AND BE NOT POORER BUT RICHER FOR HAVING MADE IT.

As we go forward ...

Let's hold on to the truths from God's Word about His faithfulness and continue to pray with the expectation of God delivering an answer to our prayers.

Blessings Soul Friends,

**Other Soul Deep Devotionals & Journals from
*Sweet To The Soul Ministries***

31-Day Devotionals

Let Your Light Shine : Being a Light in a Dark World

31-Day Scripture Journals

New Life

Love Is

Grace

God's Masterpiece

I Believe

Let Your Light Shine

Everyday Thanksgiving

Anchored Hope

7-Day Scripture Journals

Together We're Better

Rest for the Weary Soul

Every Good Gift

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