

# 100 Days of Prayer Week 5

## The Prayer of Thanksgiving- Day 3 Thankfulness Is A Choice

Philippians 4:8 NLT

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

Like so many things in life, thankfulness is a choice. It requires us to live out this verse. If we don't fix our thoughts on what is true, honorable, right, pure, lovely, and admirable; If we don't think about things that are excellent and worthy of praise, then we are certain to be unthankful!

So if what you think about is key to being thankful, then it's important to know that your thinking can be influenced by many things: what you read, what you watch and who you spend time with for example.

So if your goal is thankfulness here are some things that will help you live out Philippians 4:8 and in turn be thankful:

1. Read God's Word- The Bible In a chaotic world where everyone is saying something different, you can live *your* life guided by truth. (Psalm 119:105)
2. Limit influences from outside sources such as the news, social media, and entertainment. (Matthew 6:22-23, Proverbs 4:23)
3. Spend time with God through the person of the Holy Spirit. He will lead you and guide you into all truth. He will remind you of everything Jesus said and all the things Jesus has done for you. He will give you wisdom when you ask Him. You won't find another friend as encouraging as the Holy Spirit!

### A Prayer of Thankfulness

Jesus,

I thank you that you care about my state of mind. I thank you that it's important to you that I live in peace.

I thank you for your word that tells me that peace is something you give me and something I can keep as long as I keep my mind fixed on you.

(John 14:27 , Isaiah 26:3)

I thank you for helping me understand that my state of mind, my peace and my thankfulness are intertwined; they are influenced by each other.

You know what a chaotic, sinful, discouraging, disheartening place the world can be, Lord because you lived here too! You experienced all the types of things I am experiencing right now. (Hebrews 4:15) You understand, you care and you as Psalm 46:1 says, You are available to be my "present help in time of need!" Thank you, Lord! I feel better already!

Help me to live out Philippians 4:8 today and every day. I choose to follow your Word and be thankful! Amen

Submitted by: Mechelle R. Foster