



LESSON 4, DEVOTION 1

Take out the Psalm you wrote this week out and look at it.

What are some other things that you are thankful for?

Looking at the Psalm that you wrote, take a moment and brainstorm for yourself different ways God has helped you. It might be with a hard time you just went through, or something He is doing to help you now. You might need to really think. If the situation isn't changing, is He helping you persevere? Have you ever had a day when you felt hopeless and then you start to feel better? (This is God helping you.)

At the bottom of your page (or on the back if you don't have room) write a simple thank you note to God for all of the things on your paper. It will look really jumbled, with writing all over it. This is good! This shows how your thanks is "bubbling out of you."

Take your paper and hang it on your wall where you can see it, or put it in a place you can look at it often. This will help you remember to be thankful every time God is with you.

LESSON 4, DEVOTION 2

Give thanks to the LORD, call on his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the LORD rejoice. Look to the LORD and his strength; seek his face always. - Psalms 105:1-4

Have you ever thought about words like "proclaim," "exult," or "rejoice?" These words are all about being grateful for who God is and being loud about it. This means we want to let the "whole world" know who God is in our lives and the ways He helps us. In our thanks, we should keep seeking out the Lord. It is our gratitude that helps us keep looking for God. It helps us remember all the ways He is with us and reflect on those things.

Ask yourself these questions:

- What does it mean to "proclaim God's greatness?"
- Could you (or do you) tell everyone you meet the ways God is with you all the time?
- How can you continually seek God?

If you have time today, take out your paper and try to sing one of the verses or choruses you wrote. You don't have to be loud, just try singing for God. You might feel a little silly, but when we remember who God is for us in the tough times especially, we are willing to be silly. What do you think?

LESSON 4, DEVOTION 3

Today take your paper out one last time for the week.

Focus on one thing and just tell God why you are thankful for the ways He is with you. Think about how He grateful you are He is with you no matter what. Have you ever really thought about how He never leaves you?

Challenge:

Try saying thank you to God for one thing every day for the next 20 days!