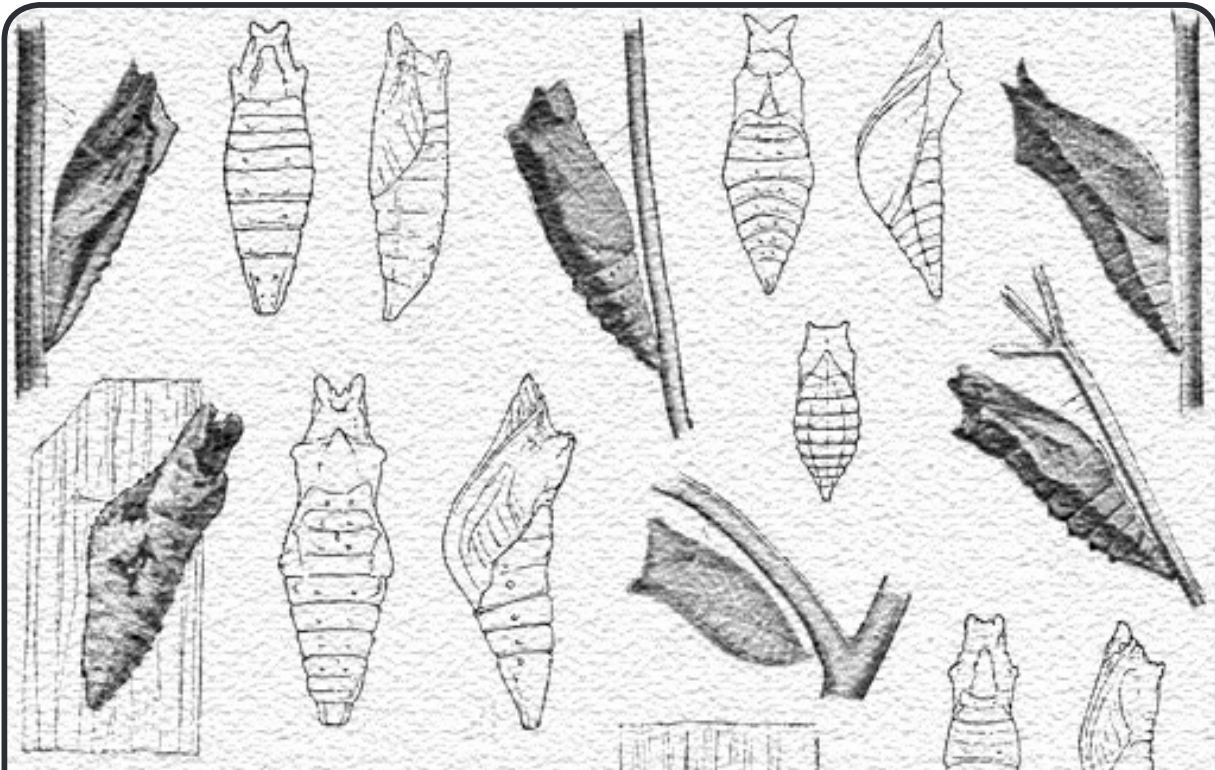


I will...

*give
thanks*

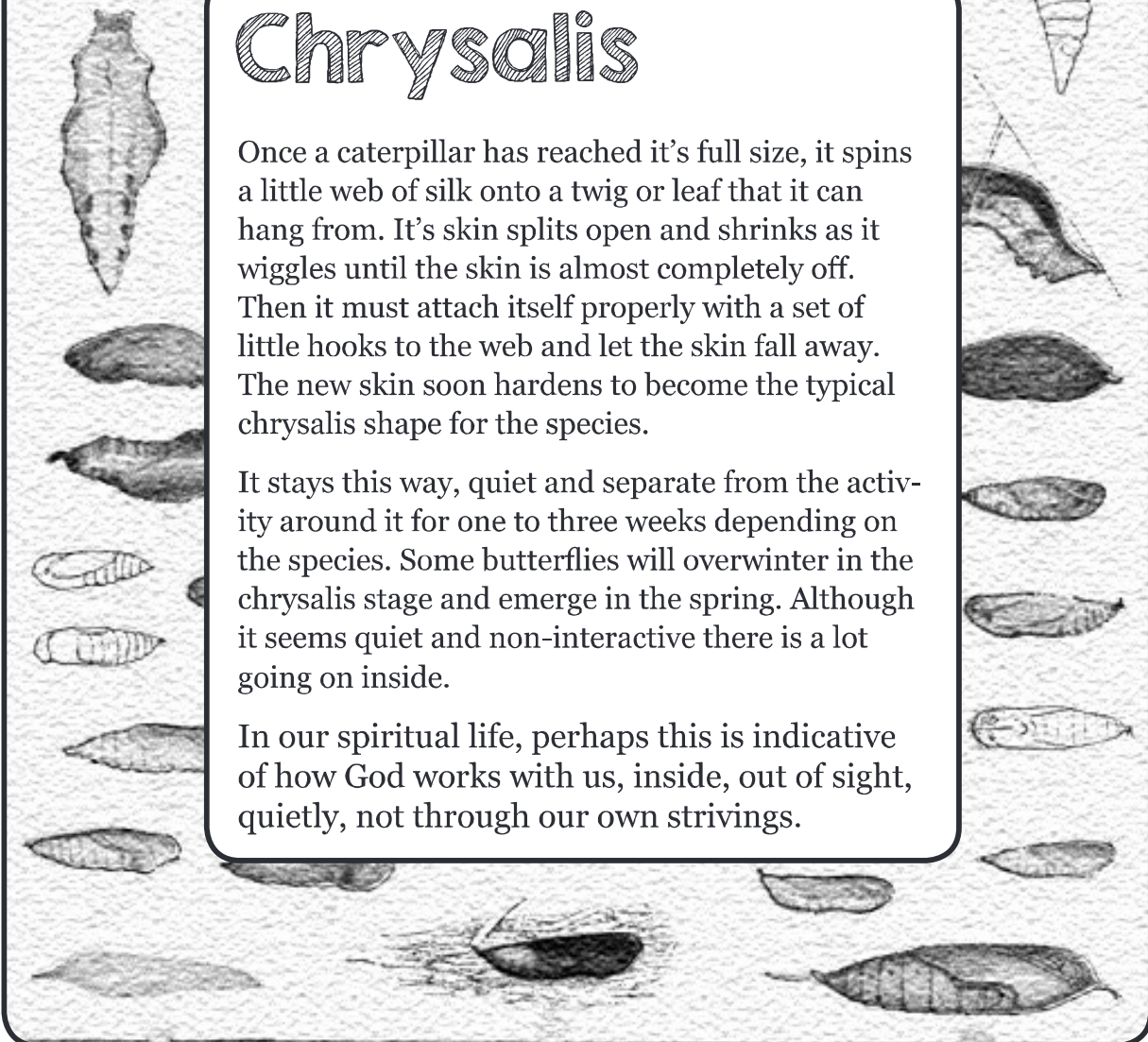


Chrysalis

Once a caterpillar has reached its full size, it spins a little web of silk onto a twig or leaf that it can hang from. Its skin splits open and shrinks as it wiggles until the skin is almost completely off. Then it must attach itself properly with a set of little hooks to the web and let the skin fall away. The new skin soon hardens to become the typical chrysalis shape for the species.

It stays this way, quiet and separate from the activity around it for one to three weeks depending on the species. Some butterflies will overwinter in the chrysalis stage and emerge in the spring. Although it seems quiet and non-interactive there is a lot going on inside.

In our spiritual life, perhaps this is indicative of how God works with us, inside, out of sight, quietly, not through our own strivings.



Week 18

Write out Psalm 107:8-9.

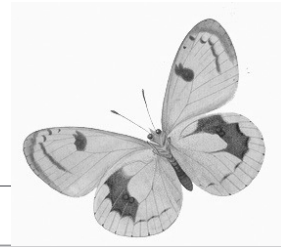
What does this scripture say about God and you?

What does it tell you about giving thanks?

What can you do to put this into practice this week?

I will...

What does it mean to give thanks?



Find a definition for “thanksgiving” in an English dictionary.

Look up the verse from this week in a concordance or Bible Study program and find out what the original Greek word is that it is translated from.

What is the word and what does it mean?

What do you think the opposite of giving thanks is and what is its effect?

How do you think “giving thanks” about everything can change you?

“Doubtless the reason so many have so little faith when they pray is because they take so little time to meditate upon and thank God for blessings already received. As one meditates upon the answers to prayers already granted, faith waxes bolder and bolder, and we come to feel in the very depths of our souls that there is nothing too hard for the Lord.” –R.A. Torrey (How to Pray)



WORK IN
PROGRESS

Week 20

Write out Psalm 95:1-3.

What does this scripture say about God and you?

What does it tell you about giving thanks?

What can you do to put this into practice this week?

I will... _____

Week 21

Write out Colossians 1:12-13.

What does this scripture say about God and you?

What does it tell you about giving thanks?

What can you do to put this into practice this week?

I will... _____

Read through this Psalm several times this week. Find a version of it put to music if you can and listen to it, or find an audio version of it and listen to it. Take some coloured pencils and mark it up.

Psalm 51

To the chief Musician, A Psalm of David,
when Nathan the prophet came unto him, after he had gone in to Bathsheba.

Have mercy upon me, O God, according to thy
lovingkindness: according unto the multitude of thy tender
mercies blot out my transgressions. Wash me thoroughly
from mine iniquity, and cleanse me from my sin.

For I acknowledge my transgressions: and my sin is ever
before me. Against thee, thee only, have I sinned, and done
this evil in thy sight: that thou mightest be justified when
thou speakest, and be clear when thou judgest.

Behold, I was shapen in iniquity; and in sin did my mother
conceive me. Behold, thou desirest truth in the inward parts:
and in the hidden part thou shalt make me to know wisdom.

Purge me with hyssop, and I shall be clean: wash me, and
I shall be whiter than snow. Make me to hear joy and
gladness; that the bones which thou hast broken may rejoice.
Hide thy face from my sins, and blot out all mine iniquities.
Create in me a clean heart, O God; and renew a right spirit
within me. Cast me not away from thy presence; and take
not thy holy spirit from me. Restore unto me the joy of thy
salvation; and uphold me with thy free spirit.

Then will I teach transgressors thy ways; and sinners shall
be converted unto thee. Deliver me from bloodguiltiness, O
God, thou God of my salvation: and my tongue shall sing
aloud of thy righteousness. O Lord, open thou my lips; and
my mouth shall shew forth thy praise. For thou desirest not
sacrifice; else would I give it: thou delightest not in burnt
offering. The sacrifices of God are a broken spirit: a broken
and a contrite heart, O God, thou wilt not despise.

Do good in thy good pleasure unto Zion: build thou the walls
of Jerusalem. Then shalt thou be pleased with the sacrifices
of righteousness, with burnt offering and whole burnt
offering: then shall they offer bullocks upon thine altar.