Adapted from 100 Days of Thanks

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Day 1

Hit Restart

Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

PHILIPPIANS 3:13–14

Waking up to a beautiful sunrise is so promising. The air is quiet. Birds are beginning to stir in their nests. The moon is fading away as the sun's rays quietly take over the sky. It's as if God hit the restart button and we are powering up for a new day, a new beginning. Our batteries are charged, the things of yesterday are gone, and God is unveiling a chance to start anew. Today is a blank page in a journal—crisp, clean, and ready for a beautiful story to unfold.

Every day, we have the chance to be more patient, more forgiving, more kind, more understanding, and more generous. We can right our wrongs, learn from yesterday's mistakes, listen more, argue less, put down our phones, look at our family, and start over. We will still make mistakes; we won't have everything together or come close to perfection, but God gives us grace, again and again, until we are finally made new.

Hope is not lost. Mercies are abundant. Another day has come.

Mercy is new every morning. Thank God for a fresh start today.

Day 2

Creation Bursts with Beauty

When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained; . . . O Lord, our Lord, how majestic is Your name in all the earth!

Psalm 8:3, 9 NASB

Delicate crocuses push through frozen ground; autumn leaves cast a golden hue; foam-tipped waves flash in the sunlight. Does God's creation leave you breathless? Even on the coldest and darkest days, stars shimmer. Giant redwoods stand majestic. God could have created this world to merely be workable, practical. He could have stopped with one type of tree and flower. But He chose to encompass the universe with vast beauty to delight us daily. Praise our loving and gracious Creator!

Today, what do you see in creation that's bursting with beauty?

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Day 3

God's Character

"The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth."

Exodus 34:6 NASB

God's gifts reflect His character. He is full of grace, compassionate, faithful, all-powerful, merciful, and wise. He is patient, kind, and gentle. Did you see a sick friend begin to heal? God is all-powerful. Did you feel His deep and abiding presence during a low point this week? God is compassionate. Maybe you experienced His forgiveness after deliberately choosing not to obey His Word. God is merciful. Praise the Lord for His perfect character.

What aspects of God's character have you seen and experienced over the past few days?

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Day 4

Cultivating a Habit of Gratitude

It is good to praise the Lord . . . , proclaiming your love in the morning and your faithfulness at night.

Psalm 92:1–2

We develop some habits at such a young age that we barely notice them today. Brushing teeth, combing hair, and washing hands are taught repeatedly to children until they're well-established habits. Throughout life, we develop more habits, both good and bad. Daily exercise, emotional eating, addiction, saving money, spending money recklessly, saying *please* and *thank you*, avoiding conflict—these habits are all formed over time.

We form cognitive habits, too, like gratitude. Imagine the difference this could make in your daily life. If instead of being frustrated that a meeting ran late, you were thankful for the innovative ideas that were shared. If you soaked in the tenderness of comforting a crying baby at 2:00 a.m. without despairing over lost sleep. Gratitude can change your outlook—and actions—in life-changing ways. It takes practice and some failures; habits don't develop overnight. But by choosing gratitude moment by moment, you'll see it become second nature.

What good habits are you grateful for, and what good things do they bear in your life? What other good habit could you begin cultivating this week?

Day 5

7.6 Billion

After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice: "Salvation belongs to our God, who sits on the throne, and to the Lamb."

REVELATION 7:9–10

Our world holds 7.6 billion people,[1] each with different fingerprints, ear shapes, irises, voices, and gaits. Our stories, talents, personalities, creativity, humor, leadership skills, and idiosyncrasies make each of us unique. The world would be monotonous with 7.6 billion clones, wouldn't it? Thankfully God loves diversity. He created a world of different races, languages, customs, and cultures; the differences are beautiful, and they challenge and pull us out of our comfort zones. Thank God for the diverse creation He created.

Name a few things that make you unique.

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Day 6

This Is How to Thank the Lord

Shout with joy to the Lord, all the earth! Worship the Lord with gladness. Come before him, singing with joy. Acknowledge that the Lord is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.

Psalm 100 NLT

The book of Psalms is bursting with praise and adoration for God, but only one psalm is singled out as a psalm of thanksgiving. Psalm 100 is a beautiful example of *how* to thank our Lord. We are to *shout* with joy, *worship* Him with gladness, *sing* for joy, *acknowledge* His greatness, and *enter* His presence with thanksgiving. Why? Because He is good, His love never fails, and He is faithful.

The next few mornings, read Psalm 100 to begin your day. How will you show God gratitude today?

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Day 7

Thanksgiving, Even Without Turkey

"Giving thanks is a sacrifice that truly honors me."

PSALM 50:23 NLT

Television commercials, social media, churches, stores, and more remind us of gratitude as Thanksgiving approaches. And while slicing the turkey and passing the gravy boat, we ritualistically list what we're grateful for. After all, it's Thanksgiving. Ponder this question: Could you carry that mind-set of gratitude through the year, not just in November? Celebrate a daily Thanksgiving with eyes wide-open for God's gifts and a heart full of thanks for every precious blessing in your life.

Pretend you're sitting at the dining room table laden with a full Thanksgiving spread, and Jesus is your dinner company. What would you tell Him?

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Day 8

Every Relationship Has Significance

I thank my God every time I remember you.

PHILIPPIANS 1:3

Do you have a memory of a stranger, acquaintance, or someone else you didn't know well having a positive impact on your life? Do you remember your kindergarten teacher instructing you on how to read? Or a soccer coach who believed in you—even when you didn't? What about a pastor, therapist, neighbor, or camp counselor? Every relationship, whether for a season or a lifetime, is a unique facet of your life's story. Think about how one of these people, even though he or she may have only briefly crossed paths with you, blessed your life in some way.

Name a few relationships that lasted for only a season but impacted you in great ways.

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Day 9

God Uses All Things for Good

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

GENESIS 50:20

It's easy—effortless, even—to have a grateful heart during the happy times, when you're overcome with God's goodness. When you're offered your dream job, repair a broken relationship, or see a loved one healed, rejoicing comes easily. Bad news brings a different reaction. You feel discouraged, fearful, angry, sad, and a threshold of other challenging emotions. You might feel, as the psalmist says in Psalm 119:28, your "soul is weary with sorrow." How can you be grateful in trying times? Is it even possible?

We don't have easy answers; we may not understand until we are with the Lord. But we know and cling to this truth: our pain will not be wasted. Romans 8:28 reminds us, "God causes all things to work together for good" (NASB). Not just some things, but *all things*—the good and the bad. You can be comforted, you can even give thanks and rejoice, because the pain *will* cease. God has already written the end of the story. And it all works together for good.

When have you seen God use suffering for good? Reflect on Romans 8:28.

Day 10

When Jesus Gave Thanks

To everyone who is thirsty, he gives something to drink; to everyone who is hungry, he gives good things to eat.

PSALM 107:9 CEV

Roughly half of Jesus' public prayers in the four Gospels are prayers of thanksgiving for food. He thanked God for five loaves and two fish while feeding the five thousand. When He broke bread for the Last Supper, and when He appeared to the disciples and they fed Him, He thanked the Father. Any time He touched food in the Bible, He gave thanks. Follow the example of Jesus; recognize the Lord is our Great Provider.

How has the Lord provided for you today?

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