



SPIRITUAL LIFE DEVELOPMENT DEPARTMENT  
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TWO-SIDED



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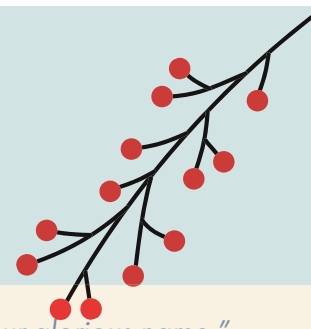






# TWO-SIDED GRATITUDE

## DAY 1



*"Now, our God, we give you thanks, and praise your glorious name."*  
1 Chronicles 29:13 (NIV)

- Today's scripture says "now" is the time to give thanks. At this very moment, what comes to your mind for which you want to say "thank you" to God?

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- How do you feel as you acknowledge this reminder of God's goodness?

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# TWO-SIDED GRATITUDE

## DAY 38

*"O Lord, You are my God; I will exalt You, I will praise and give thanks to Your name; For You have done miraculous things, Plans formed long, long ago, [fulfilled] with perfect faithfulness."*  
Isaiah 25:1 (AMP)

- Today's scripture reminds us that perspective is important. We often see the hand of God after a life's occurrence. It is not always possible during it. This type of review always strengthens our spirit of gratitude in our lives.

When was a time in your life that you now can see how the hand of God brought you through what was seemingly impossible at the time? Give him thanks.

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# TWO-SIDED GRATITUDE

## DAY 37



# TWO-SIDED GRATITUDE

## DAY 2

*"But if anyone loves God [with awe-filled reverence, obedience, and gratitude], he is known by him [as his very own and greatly loved]."*  
1 Corinthians 8:3 (AMP)

- Today's verse identifies the love of God as awe-filled, full of reverence and obedience. What about your love for God has caused you to be:

Awe-filled \_\_\_\_\_

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Full of reverence \_\_\_\_\_

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Obedient \_\_\_\_\_

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Be filled with thanks, for you are considered his very own child, greatly loved!

*"Let us come before him with thanksgiving and extol him with music and song."* Psalm 95:2 (NV)

- Today's scripture speaks of singing thanks to God. What song comes to mind that speaks of your thankfulness to him?

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- As you wrote the words to your song of thanks, what feelings did it evoke?

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## TWO-SIDED GRATITUDE DAY 3

*"Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind." Psalm 107:21 (NIV)*

- Today's scripture gives thanks for God's unfailing love. Journal a time recently you have felt that enduring love.

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- What emotion did the remembrance conjure up in you today? Ask God to bring it to mind when you need it most today.

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## TWO-SIDED GRATITUDE DAY 36



*"I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him..." 1 Timothy 1:12 (NLT)*

- Today may be a workday. You've encountered all the challenges of a morning of getting yourself ready, maybe family to get off to school, and hustled through a commute to get to work/school. Through it all, give thanks – for the clothes you wear, the food you have eaten, family, and employment/school. Thanks can change your perspective from a seemingly mundane day to a day of gratitude. Write your prayer of gratitude and be specific.

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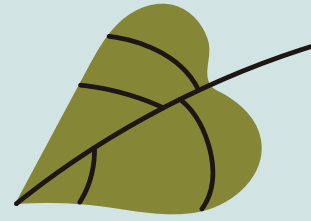
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## TWO-SIDED GRATITUDE DAY 33



*"Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever, the twenty-four elders fall down before him who sits on the throne and worship him who lives for ever and ever. They lay their crowns before the throne and say: 'You are worthy, our Lord and God, to receive glory and honor and power, for you created all things...' "* Revelation 4:9-11

- In today's scripture, the disciple John envisions the return of Jesus to set up a new heaven and earth. It is said the elders giving praise represent the church of believers, and the crowns represent what is valuable to the elders.

What do you value here on earth? Relationships? Reputation? Is there a valued possession that you would lay before the throne of God to show your thanks and praise to him? Envision laying your valued "crown" before him. How does it feel to give it over to him as an act of praise and thanks?

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## TWO-SIDED GRATITUDE DAY 6



*"The Lord will comfort Israel again and have pity on her ruins. Her desert will blossom like Eden, her barren wilderness like the garden of the Lord. Joy and gladness will be found there. Songs of thanksgiving will fill the air."* Isaiah 51:3

- Journal a difficult time when you felt a deep-seated sense of God's joy through it all.

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- Thank God for how he works in all circumstances.

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## TWO-SIDED GRATITUDE DAY 7

*"Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before."*

Daniel 6:10 (NIV)

- Today's scripture speaks of a willingness to give thanks to God, even in the face of opposition (Daniel 10). Describe a time in your life when you needed to give a sacrifice of thanks and praise.

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- How has your spirit been strengthened by the experience you described?

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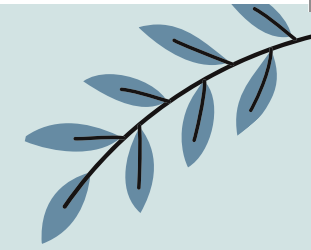
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## TWO-SIDED GRATITUDE DAY 32



*"The trumpeters and musicians joined in unison to give praise and thanks to the Lord. Accompanied by trumpets, cymbals and other instruments, the singers raised their voices in praise to the Lord and sang: 'He is good; his love endures forever.'" 2 Chronicles 5:13 (NIV)*

- Songs are often a source of praise and thanks. What lyrics come to mind today that remind you of God's goodness? Journal the lyrics. You may just find yourself singing them throughout the day!

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## TWO-SIDED GRATITUDE DAY 31

*"When my soul is in the dumps, I rehearse everything I know of you,  
From Jordan depths to Hermon heights, including Mount Mizar."  
Psalm 42:6 (MSG)*

- Today's scripture speaks of a mindset of praise and gratitude no matter our mindset. The psalmist uses geographical locations to correlate emotional highs, lows, and everything in between.

Where are you today, emotionally speaking? We can express any emotion, and he will receive us graciously and lovingly. Journal your emotional state ending with thanksgiving, knowing "in all things God works..." (Romans 8:28)

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## TWO-SIDED GRATITUDE DAY 8

*"...Jesus told the people to sit down on the grass. He took the bread and the fish, He looked up to heaven, He gave thanks, and then He broke the bread. Jesus gave the bread to the disciples, and the disciples gave the bread to the people..." Matthew 14:9 (VOICE)*

- Today's scripture is the account of Jesus feeding 5,000 people (Matthew 14:13-21). Jesus takes a small offering of food and multiplies it for God's glory. Jesus gives three sound steps on how we can live a godly life:
  - take what you have,
  - give thanks for what you have,
  - and use it for his glory.

Reflect on these steps and apply them to your own life today.

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