



22 Days of Gratitude

Pastor Eric is challenging everyone within the Payson Park Church community to take 5 minutes a day away from the news, and instead to focus upon Gratitude.

Each day;

- 1) Read the assigned Bible scripture.
- 2) Ask yourself this question: how is this scripture inviting me to practice gratitude today?
- 3) Say a 1 sentence prayer, based upon your scripture reflection. Or say this prayer;

“Dear God, Give me the courage today to do one act of gratitude during these 24 hours; for to you we owe the gift of creation and our lives, for in Jesus we have victory over the forces of death in our world, for in the Holy Spirit we have surprising and undeserved second chances. Amen.”

Here follows the assigned scripture for the next 22 Days of November. . . .

November 1

Philippians 4:6-7

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

November 2

Psalms 9:1

I'm thanking you, God, from a full heart,
I'm writing the book on your wonders.
I'm whistling, laughing, and jumping for joy;
I'm singing your song, High God.

November 3

Psalms 46:1-3

God is our refuge and strength,
always ready to help in times of trouble.
So we will not fear when earthquakes come
and the mountains crumble into the sea.
Let the oceans roar and foam.
Let the mountains tremble as the waters surge!

November 4

Psalms 107:8-9

Let them thank the Lord for steadfast love,
for God's wonderful works to humankind.
For the LORD satisfies the thirsty,
and the hungry God fills with good things.

November 5

1 Chronicles 16:34

Give thanks to the LORD, for God is good; God's love endures forever.

November 6

Colossians 3:17

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God through him.

November 7

2 Corinthians 9:11

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

November 8

1 Thessalonians 5:16-18

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

November 9

1 Corinthians 15:57

But thanks be to God, who gives us the victory through our Lord Jesus Christ!

November 10

Matthew 6:19-21

"Don't hoard treasure down here where it gets eaten by moths and corroded by rust or—worse!—stolen by burglars. Stockpile treasure in heaven, where it's safe from moth and rust and burglars. It's obvious, isn't it? The place where your treasure is, is the place you will most want to be, and end up being. For where your treasure is, there your heart will be also.

November 11

Matthew 13:44

God's kingdom is like a treasure hidden in a field for years and then accidentally found by a trespasser. The finder is ecstatic—what a find!—and proceeds to sell everything she owns to raise money and buy that field.

November 12

2 Corinthians 4:7

We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves.

November 13

Matthew 6:25-26

If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to God than birds.

November 14

Matthew 6:27-31

Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-

dressed men and women in the country look shabby alongside them. If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think God will attend to you, take pride in you, do the best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving.

November 15

Matthew 6:32-34

People who don't know God and the way God works fuss over these things, but you know both God and how God works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

November 16

Philippians 4:4-5

Celebrate God all day, every day. I mean, revel in God! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. The Lord could show up any minute!

November 17

Mark 7:24-30

From there Jesus set out for the vicinity of Tyre. He entered a house there where he didn't think he would be found, but he couldn't escape notice. He was barely inside when a woman who had a disturbed daughter heard where he was. She came and knelt at his feet, begging for help. The woman was Greek, Syro-Phoenician by birth. She asked him to cure her daughter. He said, "Stand in line and take your turn. The children get fed first. If there's any left over, the dogs get it." She said, "Of course, Master. But don't dogs under the table get scraps dropped by the children?" Jesus was impressed. "You're right! On your way! Your daughter is no longer disturbed. The demonic affliction is gone." She went home and found her daughter relaxed on the bed, the torment gone for good.

November 18

Colossians 3:15-16

Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God every step of the way.

November 19

Romans 8:26-28

Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.

November 20

Psalms 103:1-5

Bless the LORD, O my soul, and all that is within me, bless God's holy name.

Let all that I am praise the LORD; may I never forget the good things God does for me.

God forgives all my sins, and heals all my diseases.

The Lord redeems me from death and crowns me with love and tender mercies.

The Lord fills my life with good things. My youth is renewed like the eagle's!

November 21

Luke 17:11-19

As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. As he entered a village there, ten men with leprosy stood at a distance, crying out, "Jesus, Master, have mercy on us!" He looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy. One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, "Didn't I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?" And Jesus said to the man, "Stand up and go. Your faith has healed you."

November 22

Luke 7:40-50

Jesus said to him, "Simon, I have something to tell you. Two men were in debt to a banker. One owed five hundred silver pieces, the other fifty. Neither of them could pay up, and so the banker canceled both debts. Which of the two would be more grateful?" Simon answered, "I suppose the one who was forgiven the most."

"That's right," said Jesus. Then turning to the woman, but speaking to Simon, he said, "Do you see this woman? I came to your home; you provided no water for my feet, but she rained tears on my feet and dried them with her hair. You gave me no greeting, but from the time I arrived she hasn't quit kissing my feet. You provided nothing for freshening up, but she has soothed my feet with perfume. Impressive, isn't it? She was forgiven many, many sins, and so she is very, very grateful. If the forgiveness is minimal, the gratitude is minimal." Then he spoke to her: "I forgive your sins." That set the dinner guests talking behind his back: "Who does he think he is, forgiving sins!" He ignored them and said to the woman, "Your faith has saved you. Go in peace."