

## DAY 7

### **Sitting with the Prince of Peace - This is the Practice of Presence**

What does it look like for you to sit with God? Do you have any expectations? **Practice quieting your mind**, and learn to enjoy just being in His presence. Remember, we are human beings not humans doing. Be still before God...

Write down whatever comes to your mind as you sit with Him.

**Worship** - Pick a worship song and think about the lyrics as you sing it or listen to it. Talk and pray to God as you're singing and worshipping Him. Imagine Jesus & Father sitting on Their thrones as you worship the two of them.

Write down anything God impresses on you from your time of worship...

**The Bible** - Write out your "life scripture" verse below. If you don't have one, seek for a temporary one until the Lord gives you one you love.

Why does this verse speak to you? How can it help you in your recovery?

*"It is for freedom that Christ has set you free. **Stand firm**, then, and do not let yourself be burdened again by a yoke of slavery." Galatians 5:1*

## TRANSFORMATION

"Thanksgiving"



## Connecting with God

*Give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18*

## DAY 1

**Confess** Yesterday's Setbacks & Victories, **Learn** Today, **Adjust** for Tomorrow  
List below a few things you would like to change in life.

### **Thankful**

This week we will be studying thankfulness and why it is a key ingredient for recovery and happiness in life. Every year we celebrate **Thanksgiving**, yet I have observed many of us are discontent, unhappy, and dissatisfied. Why is this? **We have the Spirit of God living in us.** We know God loves us and will care for us. We know the end of the story for us is eternal life. So why?

**The answers lie within the pages of the Bible.** However, even knowing the answers will not make you thankful. You can't wake up tomorrow and suddenly decide you will be a thankful man. You can think it and say it, but to consistently live a thankful life is a much bigger challenge. Only God can change us from the inside out as we turn to Him to change our hearts of stone into hearts of flesh. **He is the Redeemer!**

Try to let God speak to your heart as you read His Words about **being thankful.**

### **Connection Passage - Ephesians 5:15-20**

**Be very careful how you live**—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but **understand what the Lord's will is.** 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 **always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.**

What spoke to you as you read the words above and how can you apply it to your life?

Explain how you would apply V15 to your life, **"Be very careful how you live..."**

V20 states, **"...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."** **Always** and **everything** are pretty strong words.

### **The Challenge**

Sit with God this week and ask Him to search your heart in this area of **thankfulness.** Ask Him to reveal areas where you are truly thankful and other areas where you're not. Reflect on why **being thankful and grateful are** such important character qualities to possess. If you discover a lack of thankfulness in your life, what are you going to do about it? Enjoy learning and thinking about being thankful as you enter into the **season of Thanksgiving.**

**Take Five with God** - Ask Jesus in what ways was He thankful to the Father for sending Him to die on the cross for His creation.

## DAY 6

**Confess | Learn | Adjust** - Describe anything you have not dealt with this week... Dishonesty, secrets, anger, frustrations, hatred, shame, lust, hurts, unforgiveness, etc.

Share your greatest victory this week. Look for ways you didn't get defensive, trusted God to handle something, made calls before temptation struck, forgave, met with God, chose to be honest, etc.

**Your "Top 3"** - Write **3 ways** your Recovery Work and devotional time spoke to you this week. It may be a recovery principle, a scripture, or something God is teaching you.

**Share these with your R40 team each week!**

1)

2)

3)

**"The first thing you do every morning, always gets done."**

## DAY 5

**Confess | Learn | Adjust** This exercise is **not about** daily introspection but connecting with your Creator saying, “Lord, show me what I am doing well and what I can do to be formed more into Your image.” Some days there will be nothing, some days you will celebrate what you’re doing well, and other days there will be areas that need some work. Connecting with God in this way should be a very fun, intimate experience. 1Timothy 4:7

### **Connection Passage - 1Samuel 12:20-24**

*“Do not be afraid,” Samuel replied (to the Israelites). “You have done all this evil; yet do not turn away from the Lord, but **serve the Lord with all your heart.** 21 Do not turn away after useless idols. They can do you no good, nor can they rescue you, because they are useless. 22 For the sake of His great name the Lord will not reject His people, because **the Lord was pleased to make you His own.** 23 As for me, far be it from me that I should sin against the Lord by failing to pray for you. And I will teach you the way that is good and right. 24 But be sure to fear the Lord and serve Him faithfully with all your heart; **consider** what great things He has done for you...”* **In other words, be thankful for the things He has done!**

How has this passage of scripture today spoken to you?

How will this week’s study on thankfulness ultimately help you in your recovery?

### **Your Challenge** - “Give thanks in **all circumstances**, for this is God’s will for you...”

I want to challenge you to really think about the quality of thankfulness. You can be thankful, but that doesn’t make you a **thankful person**. To be a thankful person you must be grateful to God for the life He has given you because of His willingness to die for you.

**Deep gratitude is an attitude not an emotion. It doesn’t come and go like the wind. It is a constant in your life.** People who know you will say you are a grateful person.

Studies have proven that **grateful people** are happier, healthier, and have better relationships with others. I think this is what we all want. Being grateful is something you must work at one day at a time. I guess God knew what He was doing when He wrote, “Give thanks in all circumstances.” He knows being grateful is a key ingredient for a joyful life. It must be applied IN ALL CIRCUMSTANCES in order to become a **grateful person**.

**In your own words, write the difference between being thankful versus being a grateful person. How could an attitude of gratitude impact your life?**

**Come to Jesus** - He is calling you to spend time with Him. He longs to be with you! Tell Him how grateful you are for your life and what He has done for you on the cross.

## DAY 2

**Confess / Learn / Adjust** - David asked God to show him where he needed to adjust in Psalms 139:23-24, “**Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.**” Ask God to do the same for you. Write below if He found anything:

### **Connection Passage - Isaiah 12:1-6**

*In that day, “I will praise you, Lord. Although You were angry with me, Your anger has turned away and You have comforted me. 2 Surely **God is my salvation; I will trust and not be afraid.** The Lord, **the Lord Himself, is my strength and my defense;** He has become my salvation.” 3 With joy you will draw water from the wells of salvation. 4 In that day you will say “Give praise to the Lord, proclaim His name; **make known among the nations what He has done,** and proclaim that His name is exalted. 5 Sing to the Lord, for He has done glorious things; let this be known to all the world. 6 Shout aloud and sing for joy, people of Zion, **for great is the Holy One of Israel among you.**”*

Explain in your own words why this is a song of thanksgiving:

Describe how thankful you are to God for **your salvation**.

Describe how God is your strength and your defense.

List at least one way you are letting people know what God has done for you.

### **Your Challenge**

One of the fruits of the Spirit in Galatians 5:22 is joy. It is difficult to be thankful without joy in your life. **Christian joy** isn’t being happy because of your circumstances but in spite of your circumstances. We’re told, “**The joy of the Lord is our strength**” in Nehemiah 8:10. List at least “4” reasons why you should have joy and gratitude in your heart because of what Jesus did for you on the cross.

- 1.
- 2.
- 3.
- 4.

**God Time** - Ask Jesus if there is anything hindering your joy in the Lord.

## DAY 3

**Confess | Learn | Adjust** - How do you think you lived yesterday? Write down all that you did right. Celebrate! If you did your recovery work, you have something to celebrate!

### **Connection Passage - Psalm 100:1-5 This is a Psalm of Thanks!**

*Shout for joy to the Lord, all the earth. 2 Worship the Lord with gladness; come before Him with joyful songs. 3 Know that the Lord is God. It is He who made us, and we are His people, the sheep of His pasture. 4 **Enter His gates with thanksgiving** and His courts with praise; **give thanks to Him** and praise His name. 5 **For the Lord is good** and His love endures forever; His faithfulness continues through all generations.*

What is God teaching you through His scriptures today? This week?

Do you, “Know that the Lord is God?” Why or why not?

Do you think you’ve grasped that God, through the Holy Spirit, lives in you and guides your life? Are you grateful for this? Do you see the Holy Spirit in your life making a difference? Why?

List “4” things that keep you from having a heart of thankfulness at times? What can you do about it?

- 1.
- 2.
- 3.
- 4.

### **The Challenge**

The antonyms of thankful are sad, unhappy, and dissatisfied. When you aren’t feeling thankful, do you ever think of yourself as being dissatisfied? Someone who is thankless has often lost hope. They are focused on their expectations and their needs being met the way they want.

The road out of hopelessness is to put your trust fully in God. You must believe He is trustworthy! **“Nothing is impossible with God.”** Hebrews 11:1 says, **“Faith is being sure of what we hope for and certain of what we do not see.”** Faith in God is being “certain of what you do not see!” **You can trust Him.**

**Big Question for God** - Why did He create you? Do you believe He has a purpose for your life? For all His children’s lives? Ask Him what your purpose is.

## DAY 4

**Confess | Learn | Adjust** - Reflect on yesterday. What can you rejoice in?

### **Connection Passage - Philippians 4:4-7**

*Rejoice in the Lord **always**. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is **near**. 6 Do not be anxious about anything, but in every situation, by prayer and petition, **with thanksgiving**, present your requests to God. 7 And the peace of God, which transcends all understanding, **will guard** your hearts and your minds in Christ Jesus.*

What words or phrases stood out to you most as you read Philippians today? Why?

Describe how being thankful can lead to peace, joy, and contentment in your life.

How does peace, joy and contentment help you defeat temptation when it knocks?

Is it possible for you to **“Rejoice in the Lord always?”** Why or why not?

Can you rejoice in the Lord and be thankful in the midst of bad things happening in your life? Explain.

### **Your Challenge - To pursue becoming a thankful man!**

Paul wrote today’s verse in Philippians when He was sitting in prison... for serving God. Paul was also whipped 39 times on 5 different occasions, beaten with rods, stoned, left naked, and experienced a host of other terrible events in his life. In Corinthians, he and Silas were shackled in prison, yet they prayed and sang songs to God

Paul talks about being thankful 25 times in the New Testament. He speaks about rejoicing or having joy almost 20 times in Philippians. There is something life-changing about being a grateful person. The byproduct is joy & peace!

**The Holy Spirit** - Ask Him to help you be a thankful man even in adversity.