

THE WELL CHURCH CINCINNATI

THANKFUL SUNDAY WORKSHEET

"The Habit of Thanksgiving"

1 Thessalonians 5:16 to 18

1. Remember what God has done

Write three things God has done for you this year.

1. _____
2. _____
3. _____

Which one do you forget the quickest?

2. Choose joy before you feel it

What area of your life makes joy difficult right now?

What would choosing joy look like this week?

3. Stay connected in prayer

Write one simple prayer for this week:

Lord, help me to pray about _____ instead of carrying it.

What is one distraction that pulls you away from prayer?

4. Look for God in your circumstance

Write one circumstance you are in right now:

What might God be doing inside that circumstance?

5. Speak thanksgiving out loud

My thanksgiving declaration is:

6. Surrender what you cannot control

List the things you are trying to fix or control:

1.

2.

Rewrite one as a surrender prayer:

Lord, I release

 to You.

My Thanksgiving Commitment

Circle one: Remember, Choose joy, Pray continually, Look for God, Speak gratitude, Surrender

Why did you choose it?
