

Grow, Pray, Study for the Week of November 23, 2025

Weekly Prayer

Gracious God, you meet us where we are and speak words of life. When we are weary, you renew us. When we are far away, you call us home. Thank you for mercy that restores and for love that makes us whole. Make us a people who notice, give thanks, and follow you in joy. Amen.

Monday, November 24

Scripture: Luke 17:12–16

As he entered a village, ten men with skin diseases approached him. Keeping their distance from him, they raised their voices and said, “Jesus, Master, show us mercy!” When Jesus saw them, he said, “Go, show yourselves to the priests.” As they left, they were cleansed. One of them, when he saw that he had been healed, returned and praised God with a loud voice. He fell on his face at Jesus’ feet and thanked him. He was a Samaritan.

Observation

As Jesus enters a village, along the border of Samaria and Galilee, ten people with skin diseases approach him. They have been isolated and cast out, and so they seek healing from Jesus. Ten cry out for mercy, and Jesus responds with compassion. All are healed as they go, yet only one turns back. His instinct is not simply relief but worship. Noticing what God has done, he chose to stop, turn around, and respond.

Application

Where have I rushed ahead this week without turning back? Gratitude is a spiritual discipline of stopping long enough to recognize grace. Today, pause to “turn back” in your heart and acknowledge where Christ has met you with mercy.

Prayer

Jesus, help me not rush past my blessings. Turn my heart toward you with thanks for the healing and grace you give so freely. Amen.

Tuesday, November 25

Scripture: Psalm 103:1–5

Let my whole being bless the LORD!

Let everything inside me bless his holy name!

Let my whole being bless the LORD

and never forget all his good deeds:

how God forgives all your sins,

heals all your sickness,

saves your life from the pit,

crowns you with faithful love and compassion,

and satisfies you with plenty of good things

so that your youth is made fresh like an eagle’s.

Observation

Being a person of gratitude is more than being polite, it can be an act of worship. When we take time to thank God for God’s many blessings, we ground ourselves in the love, mercy, and promises of God. Psalm 103 echoes this truth, reminding us to bless the Lord and not forget God’s benefits.

Application

True gratitude draws us into deeper devotion, not just a moment of appreciation. Today, make your thanks an act of worship—name aloud the goodness of God in your life.

Prayer

Lord, I bless your name. Help me recognize your benefits and respond with wholehearted praise. Amen.

Wednesday, November 26

Scripture: James 1:17

Every good gift, every perfect gift, comes from above. These gifts come down from the Father, the creator of the heavenly lights, in whose character there is no change at all.

Observation

Every good gift comes from above. All of life should be viewed through the lens of Christ's love for us, and the gifts of grace God has given. When we begin here, our life naturally unfolds as a response to God's grace. Throughout this chapter, James encourages people to put faith into action. "You must be doers of the word and not only hearers" (v 22). How are our actions an act of gratitude for the love of God in our lives?

Application

This is a countercultural perspective, that credits God for the good in our lives, rather than taking credit solely ourselves. It reminds us that all the good we do is because God is at work in us. Today, pay attention to small mercies, unexpected kindnesses, and quiet provisions, and name them before God.

Prayer

God of every good gift, open my eyes to what I might otherwise overlook. Teach me to see your grace in the ordinary. Amen.

Thursday, November 27

Scripture: Luke 17:19; Romans 12:1–2

Then Jesus said to him, "Get up and go. Your faith has healed you."

So, brothers and sisters, because of God's mercies, I encourage you to present your bodies as a living sacrifice that is holy and pleasing to God. This is your appropriate priestly service. Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.

Observation

After Jesus heals the ten men, one returns in gratitude. Jesus tells the grateful man, "Your faith has made you well," suggesting a deeper wholeness than physical healing alone. Gratitude becomes a doorway into transformation, renewing our minds and reshaping our lives.

Application

Where do I need wholeness, not just solutions? What gratitude practices help me reconnect with God, neighbor, and myself? Allow thanksgiving to form you today. Let it shift your perspective, soften your reactions, and renew your thoughts in God's mercy.

Prayer

Lord, I long for the kind of gratitude that makes me whole. Grow in me a spirit that rests in your love and responds with joy. Amen.

Friday, November 28

Scripture: 1 Thessalonians 5:16–18

Rejoice always. Pray continually. Give thanks in every situation because this is God's will for you in Christ Jesus.

Observation

Paul offers three spiritual practices for our daily life: rejoice, pray, and give thanks. Notice, it doesn't say to give thanks for everything but to give thanks in everything. Gratitude is a way of seeing God's presence even in unfamiliar or difficult places.

Application

Where have I faced challenges lately? How am I struggling to give thanks or rejoice? What might it feel like to practice gratitude in every circumstance? Try this today.

Prayer

God of compassion, thank you for walking with me in all circumstances. Teach me to look for your goodness even in hard days. Amen.

Saturday, November 29**Scripture: Psalm 23**

The LORD is my shepherd.

I lack nothing.

He lets me rest in grassy meadows;

he leads me to restful waters;

he keeps me alive.

He guides me in proper paths

for the sake of his good name.

Even when I walk through the darkest valley,

I fear no danger because you are with me.

Your rod and your staff—

they protect me.

You set a table for me

right in front of my enemies.

You bathe my head in oil;

my cup is so full it spills over!

Yes, goodness and faithful love

will pursue me all the days of my life,

and I will live in the LORD's house

as long as I live.

Observation

We are forgetful people. It is easier for us to remember difficult times than easy ones. And yet, this Psalm reminds us that God is faithful and present through all circumstances. While our memories fail, God's does not. Even in darkest valleys, God guides us. God doesn't promise a life without pain or challenges but does promise we are not alone through them. Living lives of gratitude is a way of *remembering* God's faithfulness, through valleys and grassy meadows.

Application

Make a gratitude list today—large things, small things, unexpected things. How does remembering shift my spirit?

Prayer

Faithful God, stir up remembrance in me. Help me to not forget your mercy, your welcome, your healing, your love. Make gratitude my way of life. Amen.