

## Week 3

### GRATITUDE STRENGTHENS FAITH

Bless the Lord, O my soul,
and all that is within me, bless his holy name!
Bless the Lord, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love and mercy,
who satisfies you with good
so that your youth is renewed like the eagle's.

— Psalm 103:1-5 ESV

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# DAYS OF GRATITUDE

# PRAYERS OF GRATITUDE AUDIO MEDITATIONS

In November of 2020, members of our church teamed up to create a beautiful Thanksgiving resource that we invite you to journey through here in November of 2025.







### Week 1

#### **GRATITUDE CALMS ANXIETY**

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

– Philippians 4:4-8 ESV

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### Week 2

#### GRATITUDE DEEPENS RELATIONSHIPS

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

- Colossians 3:12-17 ESV

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