



Give Thanks... in all things

In this season of Thanksgiving, we want to encourage the woman who might find herself struggling to give thanks in her current situation. We pray you will find some encouragement from our Life Coach Team to help you on your journey.



Take Note of It, by Life Coach Michelle Buchanan

Whether you live alone or with a family, you can be intentional about an “attitude of gratitude.” Here’s a way to keep thankfulness in front of you, no matter what season you’re in right now.

- Grab a pad of Post-It-notes. Write one thing you are thankful for on one note.
- Place the note in a prominent place. A wall, a door, the fridge, around the TV, or some place you will see it often.
- Add one note each day. Be specific as you “take note” of something today that prompted you to give thanks.
- On Thanksgiving Day, take a picture of your notes. Share it with people mentioned on the notes, telling them how you are thankful for them in your life.
- As you remove each note from the place in your home, say a prayer of thanks to the One who fills your life with blessings.



ABC Prayer, by Life Coach Danelle Rush.

- Begin thinking of something you are grateful for that starts with the letter “A.”
Speak a prayer, “Thank You God for ____.”
- Continue with each letter of the alphabet, giving thanks for each person, blessing, or word that comes to mind

As we give thanks, a shift happens in our mind and heart.

I first used this simple prayer as a tool for nights when it was difficult to fall asleep. In the morning, I would try to recall the last letter I remember before drifting off to sleep. The wonderful thing about this practice is that it allows you to shift your focus to a sense of peace.

This tool can be used on car rides, dinner conversation with friends, or by yourself as you go about the day. Try it and let us know how this helps you to be thankful!

**As we go through life, some seasons are more difficult to give thanks.
If you are experiencing this kind of season, draw on the life and truth God has spoken
in His Word to you...**

When my heart is hurting:



Blessed be the LORD,
Because He has heard the sound of my pleading.
The LORD is my strength and my shield;
My heart trusts in Him, and I am helped;
Therefore my heart triumphs,
And with my song I shall thank Him. Psalm 28:6-7

When giving thanks is hard:

Through Him then, let's continually offer up a sacrifice of praise to God, that is, the fruit of lips praising His name. Hebrews 13:15

When my thoughts are anxious:



Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus. Finally, brothers *and sisters*, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things. Philippians 4:6-8

When my situation seems destructive:

Now when Daniel learned that the document was signed, he entered his house (and in his roof chamber he had windows open toward Jerusalem); and he continued kneeling on his knees three times a day, praying and offering praise before his God, just as he had been doing previously. Daniel 6:10



When my world is shaken:

Therefore, since we receive a kingdom which cannot be shaken, let's show gratitude, by which we may offer to God an acceptable service with reverence and awe... Hebrews 12:18

When I don't understand what God is doing:

I will give thanks to the LORD according to His righteousness And will sing praise to the name of the LORD Most High. Psalm 7:17

IN ALL THINGS:

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God for you in Christ Jesus. 1 Thessalonians 5:18