

“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised” (2 Cor. 5:14–15).

Praise and Give Thanks to the Lord

WEEK ONE

KEY SCRIPTURE:

A verse to memorize and meditate on this week

“Oh give thanks to the LORD; call upon his name; make known his deeds among the peoples!” (PSALM 105:1).

TAKING IT FURTHER:

A section of Scripture to ponder in depth

“And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. Having received this order, he put them into the inner prison and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone’s bonds were unfastened. When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. But Paul cried with a loud voice, ‘Do not harm yourself, for we are all here.’ And the jailer called for lights and rushed in, and trembling with fear he fell down before Paul and Silas. Then he brought them out and said, ‘Sirs, what must I do to be saved?’ And they said, ‘Believe in the Lord Jesus, and you will be saved, you and your household’” (ACTS 16:23–31).

QUESTIONS:

Considerations to renew your mind and move you to action

1. What stands out in this Scripture when you first read it?
2. Are there things in this Scripture that remind you of what God in Christ Jesus has done for you or who He has made you to be?

3. What does this Scripture teach us about God’s will in regard to the habit we are focusing on this month?

4. What is God calling you to repent of and change in your life?

5. How can you put into action what God has taught you?

HOW I WILL:

Ways to practice this discipline

- Pray aloud a Psalm each day that has the word “praise” in it.
- List three things God has done for you and tell someone about how God has blessed you with these things

This week do one of the above or a similar action that fits your context.

PRAYER:

Words to turn your heart to God and ask for His blessing

O holy and most merciful God, all Your ways are perfect and good. We ask You to make us, Your people, know and believe this always. According to Your promises, give us every blessing of body and soul as we seek first Your kingdom. Help us daily to live in the newness of life we have received through Your Holy Spirit in our Baptism. Since we have been connected to Jesus’ lifegiving death and resurrection in those waters, grant us each day to grow in the grace and knowledge of our Lord and Savior Jesus Christ, through the same Jesus Christ, our Lord. Amen.

“What you have learned and received and heard and seen in me — practice these things, and the God of peace will be with you” (PHIL. 4:9).