

Study Guide for the Week of November 19, 2006

In the Zone—Re-learning Thankfulness

This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group. If you or someone you know needs a Bible, please take one from under a chair in the Worship Center. They are there for you to take home and use! Sermon manuscripts are available at www.spwired.com.

Monday

Read **Psalm 106:1-5** in the Old Testament. This is one of many, many verses in the Psalms that encourage us to give thanks to God. This week try bracketing each day with thanksgiving. When your eyes open in the morning, thank God for the blessing you anticipate in a new day. And when your day ends, give thanks again for the blessing and activity of God in your life.

Tuesday

Read **Luke 22:14-13** in the New Testament. This passage describes the Last Supper that Jesus had with his disciples. Notice how many times Jesus gives thanks. Notice also that he is giving thanks in the very presence of the one who was about to betray him. The Greek word for the Lord's Supper is Eucharist. This means the Great Thanksgiving. It is our time to remember the sacrifice of Jesus' body and blood and give thanks. It is through his sacrifice that he paid the price of our sin. By accepting that sacrifice we are made clean and holy. Think about this for a few moments and spend some time in worship thanking God for this incredible gift.

Wednesday

Read **Ephesians 5:17-20** in the New Testament. Here Paul encourages us to give thanks for everything. Is it possible to give thanks for the difficulties and tragedies we face? After his home burned down completely, one man said that he was thankful that it happened to him rather than somebody else. What does it take to have an attitude like that?

Thursday

Read **1 Thessalonians 5:16-18** and **Colossians 3:17** in the New Testament. Sometime during this day, Thanksgiving Day, make a list of thanksgiving. Write down **two things that you can't live without but take for granted**. Write down the names of **two living people who have touched your life in a positive way**. Write down **two things bring joy to your life on a regular basis**. Write down **two things that God has done for you that you may never have thanked him for**. Look over this list. Keep it in your Bible and add to it as you identify the blessing you receive.

Friday

Read **Luke 12:15** and **Romans 8:28** in the New Testament. These two promises in scripture, if we claim them, allow us to be thankful in all circumstances. Knowing that our lives do not consist of the things we have (Luke 12:15) and that God takes all things and makes them work for our good (Romans 8:28) can give us an outlook that can overcome anything, anything we might face in life. Have you found this to be true? Are you ready to claim these promises for your life?