

Reflection Prompts — The Power of Thanksgiving

Peace follows praise. Use for journaling or group discussion.

Journaling Prompts

1. What fear is asking for your attention today? How could gratitude speak back to it?

2. Recall a moment God protected or guided you. What did you learn about Him?

3. Write a one-sentence prayer of thanksgiving for this season.

Scripture Meditations

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

— Philippians 4:6–7 (NIV)

“Devote yourselves to prayer, being watchful and thankful.”

— Colossians 4:2 (NIV)

“Let us come before His presence with thanksgiving and make a joyful noise unto Him with psalms.”

— Psalm 95:2 (KJV)