



Reflections journal

— Chapter Nine —

WRITTEN BY LINSEY DRISKILL

Heart  treasure

Lord, Thank You
that I am Grateful.



Reflections journal

-Chapter Nine-

Week one day 1

DID YOU KNOW THAT GRATITUDE AND GIVING THANKS appears in the Bible over 200 times? It must be pretty important to the Lord! Throughout this Psalm, David gives thanks to God.

"Praise the Lord.

Give thanks to the Lord, for He is good;

His love endures forever.

*Who can proclaim the mighty acts of the Lord
or fully declare His praise?"*

PSALM 106:1-2

Heart  treasure

Lord, Thank You that I am Grateful.

I pray the Holy Spirit will give me a spirit of
thanks throughout the day.

In Jesus' name, amen.

Why do you think it's important to the Lord to have a grateful heart?

Write your own Psalm thanking and praising the Lord.

Be descriptive of the things you are thankful to the Lord for.



A purple notepad with a scalloped top edge, a pink heart sticker in the top right corner, and a rainbow sticker in the bottom right corner. The notepad has ten horizontal white lines for writing. A dashed line indicates the notepad is being written on.

Week one day 2

DO YOU REMEMBER THE STORY OF THE TEN MEN IN LUKE 17 who were very sick and outcasts? They couldn't be near their family or friends because they had a condition called leprosy. One day they saw Jesus and cried out to Him. And Jesus healed them as they walked by. But only one came back to give thanks and praise to God.

Jesus asked, 'Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?' Then He said to him, 'Rise and go; your faith has made you well.'

LUKE 17:17-19

Heart  treasure

Lord, Thank You that I am Grateful.
I pray I will always come back to You
to give thanks.
In Jesus' name, amen.

How did Jesus feel about only one of the ten men coming back to thank and praise God?

What do you think bothered Jesus about that?

Jesus said to the men: "Rise and go; your _____ has made you well."

After Jesus healed the man's body, the man came to Jesus to give thanks. Then, Jesus said his faith made him well. So his heart was healed after giving thanks and praise to God. **How can giving thanks and praise to God be healing to our hearts also?**

What is something God has done in your life that you haven't thanked Him for? Don't be like the nine people who never came back to give thanks. Take a moment and thank the Lord:



Week one day 3

MOLTING IS THE SHEDDING OF FEATHERS TO MAKE WAY FOR NEW FEATHERS. A bird does this each year to get rid of old or damaged feathers. Molting is essential for a bird to be renewed and to be in the best condition possible. In the same way, when we get rid of things harmful to us and confess our sins, and have a spirit of gratitude, we are renewed like the eagle.

“Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”

PSALM 103:1-5

Heart treasure

Lord, Thank You that I am Grateful.
Refresh my spirit daily so I am renewed like the eagle.
In Jesus’ name, amen.

WHAT ARE THE BENEFITS AND GOOD THINGS THAT THIS VERSE TELLS US THE LORD GIVES US:

1

2

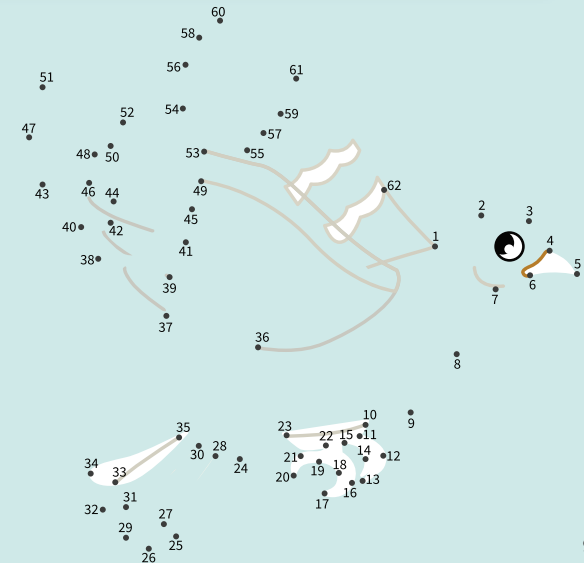
3

4

5

Why do you think God uses the picture of an eagle in Scripture to show the idea of renewal and being restored?

AS YOU
CONNECT THE DOTS
TO DISCOVER
THIS PICTURE,
THANK GOD FOR
RENEWING YOU.



Week one day 4

YOU KNOW WHEN SOMETHING IS GNAWING AT YOUR HEART AND MIND? When you just can't stop thinking about it and don't know what to do? Colossians 4:2 tells us just what to do in this situation.

*"Devote yourselves to prayer,
being watchful and thankful."*

COLOSSIANS 4:2

Heart  treasure

Lord, Thank You that I am Grateful.

I pray I will be quick to pray,
watch how You work, and then give thanks.
In Jesus' name, amen.

Once we have devoted ourselves to prayer, what does Colossians 4:2 say that we should do?

Be _____ and _____.

What do you think it means to be watchful?

What is something you're praying about and waiting for the Lord to do?

What is a way you can have a grateful heart as you watch for God to work?

What does devoted mean?

If we're devoted to prayer, that means we continue praying no matter what. As we're waiting and watching for the Lord to work, it can be hard because we want answers quickly. But, the Lord will give us wisdom. As we wait, He says to be:

___ H ___ N ___ F ___ L.

LETTERS FOR THE BLANKS:
A, U, K, T

Week one day 5

BEING GRATEFUL IS A CHOICE. That is why the Lord repeatedly tells us to be grateful and to give thanks. We need to be reminded. Fear can stop us from giving thanks, but remembering that God will meet all our needs according to His riches can help us. That is a reason to give thanks! We have nothing to fear.

“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”

PHILIPPIANS 4:19

Heart  treasure

Lord, Thank You that I am Grateful.

I pray that when I am fearful I would remember that You meet all my needs so I can give thanks instead.

In Jesus' name, amen.

Is there something causing you to feel nervous or fearful right now? If so, what is it?

How many of your needs does God say He will meet:

A Some **B** Not many **C** Most **D** All

He also says He'll meet them according to the _____ of His _____ in Christ _____.

When we have that truth in our hearts, instead of sitting in fear, we can relax, knowing our needs will be met.

Since we know this truth, let's give thanks! For each letter in the word, THANKS, write something you are grateful for. For "T" you could write something like The Truth, Tater tots, Tennis, or whatever comes to your mind that you're grateful for!

T

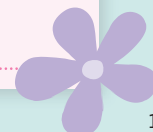
H

A

N

K

S



Week two day 1

IN LUKE 2, WE LEARN ABOUT AN ELDERLY WOMAN NAMED ANNA who was a widow (which means her husband has died). Even though she probably felt lonely and sad at times, guess what she did? In her grief, she gave thanks to the Lord. One day she finally met Jesus when Joseph and Mary brought Him to the temple, and Anna was filled with joy.

"[Anna] never left the temple but worshiped night and day, fasting and praying ... She gave thanks to God and spoke about [Jesus] to all who were looking forward to the redemption of Jerusalem."

LUKE 2:37

Heart treasure

Lord, Thank You that I am Grateful.
Help me to worship You and give thanks when I feel happy and sad, like Anna did.
In Jesus' name, amen.

What is something you have been through that made you sad?

In the middle of Anna's grief and sadness, how often did she worship God?

_____ and _____.

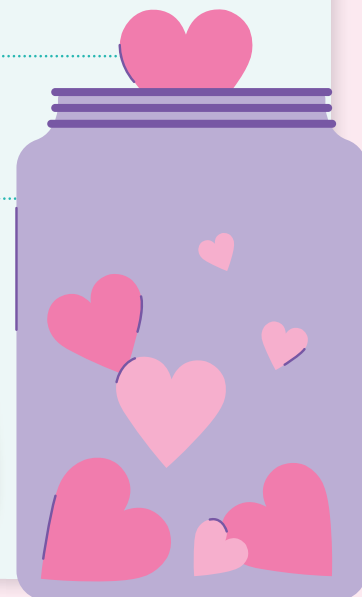
Who did Anna keep her focus on? _____

How can giving thanks to God help us when we're sad?

Anna also spent her time sharing the good news of Jesus.
Who did she share it with?

Who could you share the good news of Jesus with this week?

FIND A JAR AND DECORATE IT.
THROUGHOUT THE WEEK,
**WRITE WHAT YOU'RE
THANKFUL FOR**
ON SMALL NOTES AND DROP THEM
IN THE JAR. IF YOU DON'T HAVE
A JAR, YOU CAN WRITE WHAT
YOU'RE THANKFUL FOR
IN THE JAR HERE.



Week two day 2

HAVE YOU NOTICED WHEN SOMEONE IS UNGRATEFUL?

It could look like not thanking someone or being grumpy because someone doesn't get their way. These people are usually not much fun to be around and usually are unhappy because they're always wanting more—never content or satisfied.

"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it."

1 TIMOTHY 6:6-7

Heart



treasure

Lord, Thank You that I am Grateful.

When my mind wanders to what I don't have and to ungratefulness, remind me of Your goodness and all the blessings I do have.

In Jesus' name, amen.

The verse says that godliness with

_____ is great gain.

Why do you think the Lord says that there is great gain when we are content and happy with what He gives us?

Human nature is to want what we don't have. When we look around, it's easy to see what others have and to long for that. What is something you want, but don't have?

When we give thanks, we are more content with what we have. List some reasons you have to be content:

This verse says we should be content because we brought _____ into this world. Who brought everything into this world? _____

So anything we get is a gift from God.

If we can take *nothing* out of the world, why does it make sense to be content with what we have?

Being grateful takes practice and discipline. Choose to be grateful for what God gives you and see how it changes your heart!

As you search for each word in the word search, give thanks to God for these gifts that He has given you.

Week two day 3

BEING CONTENT AND SATISFIED IN THE LORD IS A DISCIPLINE and something to practice doing. God will help you with it if you ask Him to! Reading Timothy 6 again will help also. You have two choices to make each day this week: to be grateful or ungrateful. Which one will you choose?

“But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.”

TIMOTHY 6:6-7

Heart  treasure

Lord, Thank You that I am Grateful.

Help me to choose to be grateful for You and for the many gifts You have given me, no matter what comes my way today.

In Jesus' name, amen.

L	W	Q	E	J	B														
R	W	A	E	Q	S														
S	K	S	S	M	B														
N	U	V	R	M	U														
S	D	J	X	K	M														
A	W	J	X	J	D														
H	M	V	Y	C	O														
M	Z	T	T	Q	V	Z	R	F	C	U	F	F	E	F	W	D	W	J	V
N	P	Y	Q	L	D	Q	Z	Q	K	R	G	E	E	A	G	B	B	W	K
M	E	R	C	Y	E	U	B	Y	P	A	C	Z	F	J	Q	Q	T	C	O
L	I	V	H	T	A	E	R	B	Z	Y	S	H	U	W	F	A	G	E	B
P	Q	V	E	V	O	L	C	Q	B	K	I	P	R	B	A	Z	K	E	Z
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M	N	A	S	F	D														
G	T	L	T	O	N														
O	A	Q	Z	A	X														
W	P	A	A	F	Y														
B	T	F	O	O	D														

LOVE
FOOD
FORGIVENESS
MERCY
CONTENTMENT
HOME
BREATH
JESUS

Week two day 4

GRATITUDE IS AN ATTITUDE OF THE HEART.

If we have ungrateful hearts, ungratefulness will overflow from them. When we give thanks to God as a daily discipline, our hearts will overflow with gratitude.

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 THESSALONIANS 5:16-18

Heart  treasure

Lord, Thank You that I am Grateful.

Help me do Your will by giving thanks in all circumstances.

In Jesus’ name, amen.

Our verse today doesn’t say to give thanks for something difficult, but it does say to “give thanks _____ all circumstances.”

What can we still give thanks for while in difficult circumstances?



Week two day 5

SOME DAYS I AM QUICKER TO COMPLAIN AND

NOTICE WHAT'S WRONG—can you relate? In these moments, I try to change my mindset by asking the Lord for help. The Holy Spirit will help us have an attitude of gratitude if we ask Him to.

“The Spirit helps us in our weakness.”

ROMANS 8:26

Heart treasure

Lord, Thank You that I am Grateful.

In times when I'm struggling to feel grateful, Holy Spirit, would you change my mind and heart so I can give thanks instead?

In Jesus' name, amen.

Let's see how we can redirect our minds in these situations.

These feelings aren't necessarily bad (because we all have them at times)—it's what we do with the feelings that matters. Consider the situations below, pray the prayers, and then complete the prompts.

I wake up grumpy.

Holy Spirit, please give me a heart of gratitude.

List something that can help you have a grateful heart.

My friends have something I want and I feel jealous.

Holy Spirit, help me to be grateful for the good gifts you have already given me.

List 3 things you're grateful for.

I'm mad and tired when I think of all the chores I have to do.

Holy Spirit, fill me up so I do these chores with a heart to glorify God.

What are 3 ways you can glorify God while you do your chores?

I wish I looked more like my friend.

Holy Spirit, please give me a spirit of contentment since You created me just how You want me to be.

List 3 beautiful attributes and gifts that God has given you.



Week three day 1

IN JOHN 6, JESUS CROSSED THE SEA OF GALILEE TO A FAR SHORE, and then hiked up the mountain. He sat with His disciples and a crowd followed them. They were very hungry so Jesus wanted to provide food for them, but one of His disciples, Philip, said it would take more than half a year's salary to buy enough bread for everyone to even have just one bite! This huge crowd was in need. Let's see what Jesus did.

"Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish."

JOHN 6:11

Heart  treasure

Lord, Thank You that I am Grateful.

When I am in need, remind me to give thanks.

In Jesus' name, amen.

When Jesus didn't have enough and was in need, who did He talk to?

When the crowd was hungry and there wasn't enough fish or bread, what did Jesus do?

Did Jesus give thanks before or after He multiplied the bread and fish?

Based on Jesus' example of giving thanks before the bread and fish multiplied, what can we also do when we are in need?

.....
What does giving thanks before we see the way God provides show about our faith in God?

.....
What is a need you have? Write a prayer to God giving thanks for how He will provide.



Week three day 2

IN JOHN 11, A MAN NAMED LAZARUS HAD DIED.

His two sisters, Mary and Martha, wept alongside Jesus. The sisters didn't know that a miracle was getting ready to happen—Jesus was going to raise Lazarus from the dead! But, before Jesus healed Lazarus, He did something powerful—do you see it in the verse below?

“Father, I thank You that You have heard Me. I knew that You always hear Me, but I said this for the benefit of the people standing here, that they may believe that You sent me.” When He had said this, Jesus called in a loud voice, “Lazarus, come out!”

JOHN 11:41-42

Heart  treasure

Lord, Thank You that I am Grateful.

Help me to always thank You.

In Jesus' name, amen.

What did Jesus do before He healed Lazarus?

Jesus gave God thanks for hearing Him before the miracle even happened. How often did Jesus say that God hears Him?

- A** Never **B** Always **C** Sometimes

How does giving thanks change our attitudes?

When we're grateful, we are recognizing the good that God has given us.

In this verse, why did Jesus say He thanked God out loud?

When we have a spirit of thanks, people notice our heart of gratitude to the Lord. How could giving thanks to God affect the faith of those around you?



LET'S PRACTICE GRATITUDE BY NOTICING SOME GOOD GIFTS GOD HAS GIVEN US AND FIND THEM IN THE PICTURE! (SOME OF THE ITEMS IN THE PICTURE ARE DIFFERENT COLORS THAN IN THE KEY.)



Week three day 3

ANOTHER TIME JESUS GAVE THANKS WAS at the Last Supper. It happened right before Jesus gave His life for us. Jesus knew He was about to die on the cross, yet He still gave thanks to God for the gifts given to Him.

“While they were eating, Jesus took bread, and when He had given thanks, He broke it and gave it to His disciples, saying, ‘Take and eat; this is My body.’ Then He took a cup, and when He had given thanks, He gave it to them, saying, ‘Drink from it, all of you. This is My blood of the covenant, which is poured out for many for the forgiveness of sins.’”

MATTHEW 26: 26-29

Heart treasure

Lord, Thank You that I am Grateful.
During difficult situations, help me to
still give thanks.
In Jesus' name, amen.

What did Jesus do right before He broke bread?

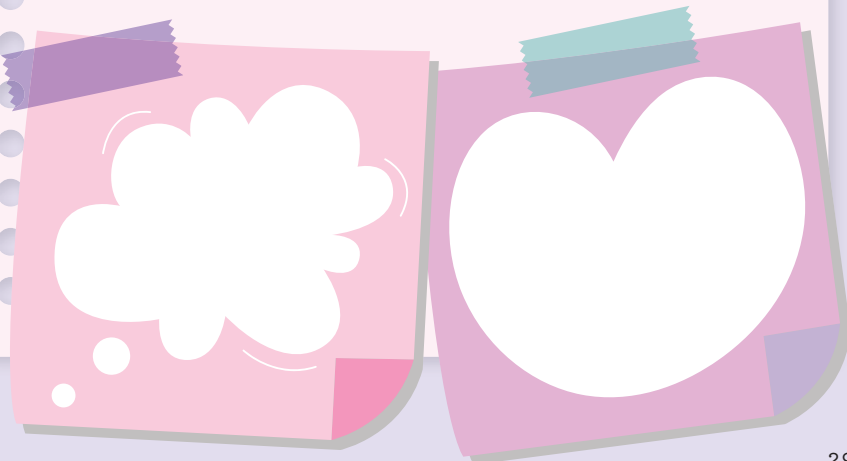
Even though Jesus was about to go through something difficult, what did He make sure to do?

What is something hard you are going through right now?

How can you follow Jesus' example in the middle of your difficult situation?

Taking communion, like Jesus shared with His disciples at the Last Supper, is a great way to be grateful and to remember how Jesus gave His life for us.

TODAY, WHAT DO YOU WANT TO GIVE THANKS TO GOD FOR?



Week three day 4

BEING GRATEFUL TO GOD CONNECTS US WITH

HIM because we are recognizing that God is the source of all good—that He is the Giver of all good things.

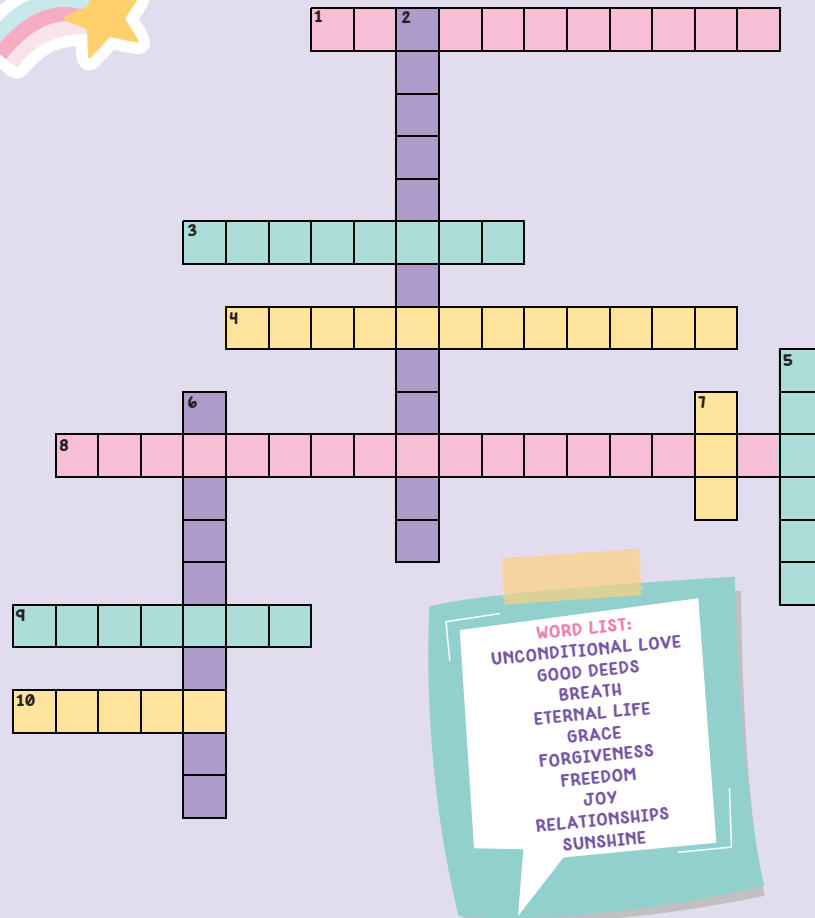
“Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind, for He satisfies the thirsty and fills the hungry with good things.”

PSALM 107:8-9

Heart treasure

Lord, Thank You that I am Grateful.
I am so grateful for You and for the good gifts You have given me.
In Jesus' name, amen.

Let's reflect on the good gifts God has given through a **Crossword puzzle!** (Words in the list that are two words will have one empty space between them in the crossword.)



WORD LIST:
UNCONDITIONAL LOVE
GOOD DEEDS
BREATH
ETERNAL LIFE
GRACE
FORGIVENESS
FREEDOM
JOY
RELATIONSHIPS
SUNSHINE

ACROSS

1. NOT HAVING TO PAY A DEBT; NOT OWING ANYTHING
3. ONE OF GOD'S CREATIONS THAT GIVES US LIGHT
4. LIFE FOREVER WITH THE LORD
8. NEVERENDING LOVE
9. HAVING FREE WILL TO CHOOSE, AND BEING FREE FROM SIN
10. UNDESERVED BLESSING AND FORGIVENESS

DOWN

2. BEING CONNECTED WITH OTHERS
5. THIS ALLOWS US TO LIVE
6. GOOD ACTS THAT GOD DOES
7. BEING CONTENT AND FULL OF PEACE

ANSWERS: 1. FORGIVENESS 2. RELATIONSHIPS 3. SUNSHINE 4. ETERNITY 5. BREATH 6. GOOD DEEDS 7. JOY 8. UNCONDITIONAL LOVE 9. FREEDOM 10. GRACE

Week three *day 5*

DAVID SHARED A PRAYER OF THANKSGIVING,
encouraging people to give thanks and praise to
the Lord.

*“Let the heavens rejoice, let the earth be glad;
let them say among the nations,
“The Lord reigns!”*

*Let the sea resound, and all that is in it;
let the fields be jubilant, and everything in them!*

*Let the trees of the forest sing,
let them sing for joy before the Lord,
for He comes to judge the earth.*

*Give thanks to the Lord, for He is good;
His love endures forever.*

*Cry out, “Save us, God our Savior;
gather us and deliver us from the nations,
that we may give thanks to Your Holy Name,
and glory in Your praise.*

*Praise be to the Lord, the God of Israel,
from everlasting to everlasting."*

1 CHRONICLES 16:31-36

Heart  treasure

What a prayer! David shares so many reasons we have to give God thanks and praise. Underline or highlight all the things in these verses that we can give God thanks for.

Write the Scripture below and enjoy giving God thanks and praise!



Week four day 1

THERE WAS ONCE A WOMAN WHO WAS AN OUTCAST—she was alone and hurting from wrong choices she had made. In John 4, she came to a well to draw water in the heat of the day when no one else would be there. But guess who was there? Jesus knew she needed Him so He showed up for her. He told her that all the things she was chasing after wouldn't fill her heart up, but that He could give her water that would spring up into eternal life and fill her up.

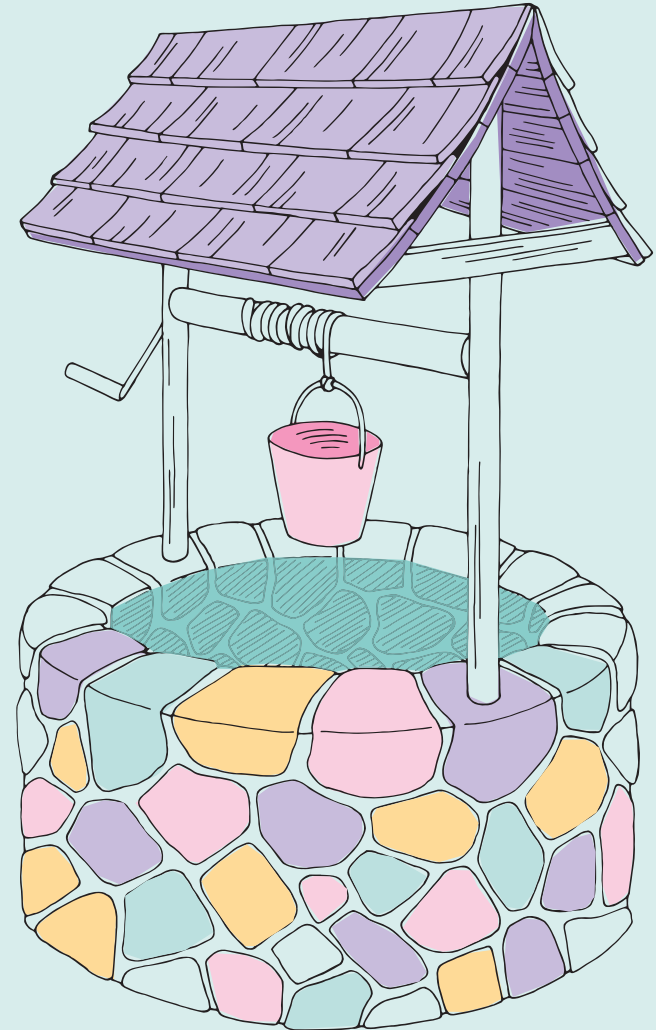
“Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

JOHN 4:13-14

Heart  treasure

Lord, Thank You that I am Grateful.
Thank You that You fill our thirsty hearts up
with Your love. I pray You will fill mine.
In Jesus' name, amen.

This world can never fully fill your heart, but Jesus can. In the stones on the well below, write some things you are struggling with. Let go of them by sharing them with the Lord. Let Him satisfy your heart.



Week four day 2

WHEN THE WOMAN AT THE WELL REALIZED THE MAN SHE WAS TALKING TO WAS JESUS, the Messiah, she was in awe and overjoyed. After spending time with Him, joy overflowed from her heart. She left her water jug behind and ran to tell the townspeople about the Savior of the world. The woman expressed her gratitude to the Lord by sharing about Him with others. And because of her testimony, many became believers.

*"I have told you this so that
My joy may be in you and that
your joy may be complete."*

JOHN 15:11

Heart  treasure

Lord, Thank You that I am Grateful.

Thank you for filling my heart up and helping
me share about Your love with others.

In Jesus' name, amen.

Sharing stories about how God is working in our lives, like the woman at the well did, can make a big difference in other people's lives.

Have you shared about Jesus with someone? If so, what happened?

Share about a time when God moved in your heart.

When did someone share about the Lord with you?

What is your testimony, or story of how you came to know Jesus?

Or how is He working in your heart?

If you want to have a relationship with Jesus, all you have to do is tell Him. Romans 10:9 says, *"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."* If you've done that, your beautiful name is written in the Book of Life and you will be with Jesus forever! Tell someone the wonderful news that you've given your life to Jesus!

For each feeling in the left column below, match it with a response from the right column that can help you be satisfied in the Lord.

Week four day 3

AT FIRST, THE WOMAN AT THE WELL FOCUSED ON WHAT SHE DIDN'T HAVE. But after the encounter with Jesus, she focused on what she did have. She was no longer thirsty—Jesus' love filled her up and she couldn't wait to tell everyone about Him.

*"Satisfy us in the morning with
Your unfailing love, that we may sing for
joy and be glad all our days."*

PSALM 90:14

Heart treasure

Lord, Thank You that I am Grateful.
Would You satisfy me with Your love that I
might sing for joy and be glad all my days?
In Jesus' name, amen.

FEELING	RESPONSE
JEALOUS OF WHAT MY FRIEND HAS	A ASK FOR FORGIVENESS
SAD THAT I WAS LEFT OUT	B REMIND MYSELF TO SET MY HEART ON THINGS ABOVE TO HELP REPLACE MY WORRIES
MAD	C LIST WHAT I'M GRATEFUL FOR AND READ A VERSE ABOUT BEING CONTENT IN ALL CIRCUMSTANCES, AND NOT JEALOUS
ANXIOUS	D READ A SCRIPTURE ABOUT HOW GOD WILL NEVER LEAVE ME
WORRIED ABOUT A TEST	E PRAY AND ASK THE LORD TO CALM MY ANGER
FRUSTRATED, SO I WAS RUDE	F SHARE MY ANXIOUS FEELINGS WITH MY PARENT OR A CHRISTIAN FRIEND SO THEY CAN REMIND ME ABOUT GOD'S PEACE



Week four day 4

THE BEAUTIFUL THING ABOUT THE LORD SATISFYING AND FILLING OUR HEARTS is that His mercies and compassions are new every morning! That is something to be thankful for. He is faithful to give us unending grace, even when we don't deserve it.

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness. I say to myself, 'The Lord is my portion; therefore I will wait for Him.'"

LAMENTATIONS 3:22-24

Heart treasure

Lord, Thank You that I am Grateful.
Your compassions and mercies are such a gift! Thank you that they are new every morning!
In Jesus' name, amen.

Let's reflect and dwell on the beautiful qualities of God that we are grateful for!
As you look for each word in the word search, store these wonderful qualities of God in your heart.

FAITHFUL FORGIVING DEPENDABLE POWERFUL
MERCIFUL COMPASSIONATE LOVING SATISFIER

M	X	P	E					U	W	T	O									
L	E	A	Z	N	H			H	O	I	U	K	H							
X	R	R	Z	U	X	Z	X	W	C	Y	V	P	N	W	H					
J	W	V	C	Q	U	Q	J	V	J	H	Q	S	Y	D	K	S	N	D	Z	
V	H	D	I	B	L	R	N	L	U	F	H	T	I	A	F	R	O	X	Q	B
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Y	P	Y	U	M	O	Z	Z	Z	L	Q	D	E	P	E	N	D	A	B	L	E
V	U	Z	L	G	T	X	L	W	M	Z	K	Q	U	B	H	H	U	X	R	L
Z	F	L	G	S	J	Q	U	Z	D	C	P	C	L	N	Z	I	W	Z	V	N
G	X	I	L	X	E	F	F	X	O	K	S	Q	J	U	W	J	Y	Y		
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V	B	Y	R	P	E	R	N	P	E	S	X	P	U	K	V	U				
A	X	R	J	R	W	T	I	A	H	D	Q	R	U	K	O	Y				
L	E	H	P	O	L	V	S	N	L	X	S	M	Q	U						
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E	R	I	L	G	I	Q	U	O	R	Z										
O	Q	U	R	O	R	Z	B	N												
H	F	O	N	J	B	X														
X	F	A	V	N																
C	T	H																		
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Week four day 5

WHEN SOMETHING IS YOUR PORTION, it fills you up and you are content.

“Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness. I say to myself, ‘The Lord is my portion; therefore I will wait for Him.’”

LAMENTATIONS 3:22-24

Heart  treasure

Lord, Thank You that I am Grateful.

Please be my portion and the One who fills my heart.
In Jesus’ name, amen.

The verse says that the “Lord is my

_____. Then, it says, because God is my portion, I will _____ for Him.

So, even when we want to move forward to fill up our hearts with other things, we can remember that God is the One who satisfies, and we can choose to wait for Him.

One example could be trying to fit in with a group. Instead of pushing to try to be accepted, you can remain yourself, be patient, and wait on the Lord. God will help you be yourself—the beautiful girl He made you to be. **You can trust that God will bring friends alongside you who enjoy you for who you are.**

What is another example of a time when you can wait on the Lord?

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Because pizza is delicious and can fill one of our food portions, let’s have fun with the pizza slice!





Lord,
Thank You that
I am Grateful.