

A young boy with short brown hair, wearing a red and white polo shirt, is holding a large bouquet of bright yellow daisies. He is standing in a grassy field, and the background is softly blurred. The text is overlaid on a white rectangular box in the upper portion of the image.

30 DAYS OF
GRATITUDE
from Philippians

cdm
DISCIPLESHIP MINISTRIES

Paul wrote Philippians to Christians in Philippi while he was in prison in Rome. Today, we have much to learn from his letter as we seek to set our hearts and minds on Christ our eternal hope in these uncertain times.

Day | 01

Thank God for Christian Community

Phil. 1:1-5

1 Paul and Timothy, servants of Christ Jesus,

To all the saints in Christ Jesus who are at Philippi, with the overseers and deacons

2 Grace to you and peace from God our Father and the Lord Jesus Christ.

3 I thank my God in all my remembrance of you,

4 always in every prayer of mine for you all making my prayer with joy,

5 because of your partnership in the gospel from the first day until now.

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- Thank God for Christian fellowship, His Church, and the example of Christian community found in Acts 2.
 - Thank God that you are not alone, and that you can pray for others knowing they are also praying for you.
 - Thank God for those in your life who give you joy.
 - Ask God to make you a blessing to someone today, that you would bring joy to someone else.

Day 02

Thank God That He Is at Work

Phil. 1:6

And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ.

- Thank God that He is at work in us and through us.
- Thank God that He promises to accomplish His eternal purposes in us, and He is using right now to promote those purposes.
- Thank God that Jesus gives us an eternal hope, that He will return, and that all the sadness of now will be undone.
- Ask God to empower you by the Holy Spirit to pursue a deeper relationship with Him that you might discern the good work that He is doing and that you might become more like Jesus.

Day 03

Thank God for Others

Phil. 1:3-8

3 I thank my God in all my remembrance of you,

4 always in every prayer of mine for you all making my prayer with joy,

5 because of your partnership in the gospel from the first day until now.

6 And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ.

7 It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel.

8 For God is my witness, how I yearn for you all with the affection of Christ Jesus.

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- Thank God for those you hold in your heart.
 - Thank God that He can make us close to each other (regardless of the distance and obstacles between us) through prayer.
 - Thank God that we can be vessels of His love and affection to those in this world, that He can teach us to love those who are hard to love—even our enemies.
 - Ask God to love your neighbors, your community, and even those who think differently than you do by enabling you to be His hands and feet in a tangible way today.

Day 04

Thank God for Knowledge

Phil. 1:9-11

9 And it is my prayer that your love may abound more and more, with knowledge and all discernment,

10 so that you may approve what is excellent, and so be pure and blameless for the day of Christ,

11 filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

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- Thank God that we can cling to Him for knowledge and discernment. We don't have to depend on any news channel or paper alone for our truth.
 - Thank God that He enables us to approve what is excellent through His indwelling Spirit.
 - Thank God that He can increase our love and produce the fruit of righteousness in our lives to the glory and praise of God.
 - Thank God for Jesus, that He promises to return, and that our real hope is in Him.
 - Thank God that He is glorified in His people.
 - Ask God to make us a living offering of praise to Him, that His love will flow through us into our homes, our neighborhoods, our communities, our country, and even to the ends of the world.
 - Ask God to guide your prayers as you pray for God's love to abound in the lives of people.

Day 05

Thank God for His Purposes

Phil. 1:12-13

12 I want you to know, brothers, that what has happened to me has really served to advance the gospel,

13 so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ.

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- Thank God that even though we don't necessarily understand our current circumstances, God can use them for His purposes.
 - Thank God that what is happening right now can serve to advance the gospel in our lives, in our communities, and around the world.
 - Ask God to spark a revival that will spread around the world.

Day 06

Thank God That He Can Use Suffering

Phil. 1:12-14

12 I want you to know, brothers, that what has happened to me has really served to advance the gospel,

13 so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ.

14 And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear.

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- Thank God that our suffering is not in vain. God can use it.
 - Thank God that He can grow our confidence so that we can be brave and courageous to speak the Word without fear.
 - Thank God for His Church—may it boldly proclaim the gospel.
 - Thank God that He goes before His Word preparing people's hearts. May He provide fertile ground for His Word to produce eternal fruit in the hearts of the people He draws into a relationship with Him.
 - Pray again for revival.

Day 07

Thank God That He Teaches Us

Phil 1:14-18

14 And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear.

15 Some indeed preach Christ from envy and rivalry, but others from good will.

16 The latter do it out of love, knowing that I am put here for the defense of the gospel.

17 The former proclaim Christ out of selfish ambition, not sincerely but thinking to afflict me in my imprisonment.

18 What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice. Yes, and I will rejoice,

19 for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance,

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- Thank God that He can teach us to rejoice regardless of our circumstances.
 - Thank God that we can rejoice in the knowledge that God is at work and that His sovereignty and wisdom will prevail even though our current perspective makes it hard to believe.
 - Thank God that He can use anyone—regardless of motives—to advance Christ’s Kingdom.
 - Thank God that His plans are eternal, not limited by time or space, so what He is accomplishing now through current situations has an eternal purpose.
 - Ask God to give you His perspective in your current circumstances and that you would be able to rejoice because of His presence in your life.

Day 08

Thank God We Can Rejoice

Phil. 1: 18-20

18 What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice. Yes, and I will rejoice,

19 for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance,

20 as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.

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- Thank God that we can rejoice because His presence in our lives isn't affected by social distancing or germs.
 - Thank God we can trust Him to accomplish His purposes and in the fulfillment of time our deepest hopes and longings really will be realized.
 - Thank God we can see His glory shining forth, even in the midst of a global pandemic.
 - Ask God to give you full courage to honor Christ with your whole life—your heart, your mind, and your soul.

Day 09

Thank God That He Defines Gain and Loss

Phil. 1:21

21 For to me to live is Christ, and to die is gain.

Rom. 14:8

For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's.

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- Thank God that He has a different definition of gain and loss than the world does.
 - Thank God that in Isaiah 61:3, God promises to turn our mourning into joy.
 - Thank God that our lives, our loss, and even our deaths can be used by God.
 - Ask God to use your life, your hands and feet, your knowledge and experience, your resources and your time, for the advancement of His Kingdom and the benefit of others.

Day 10

Thank God That He Uses Our Fruitful Labor

Phil. 1:21-26

21 For to me to live is Christ, and to die is gain.

22 If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell.

23 I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better.

24 But to remain in the flesh is more necessary on your account.

25 Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith,

26 so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.

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- Thank God that He can use our service, our sacrifice, our experiences, and our stories for fruitful labor.
 - Thank God that our lives matter—now and eternally.
 - Thank God that though we long for more than this world can offer, He has a purpose for every day of our lives.
 - Ask God to use you to be His hands and feet for fruitful labor which encourages and equips others to know God.

Day 11

Thank God That You Can Trust Him

Phil. 1:19-26

19 *for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance,*

20 *as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.*

21 *For to me to live is Christ, and to die is gain.*

22 *If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell.*

23 *I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better.*

24 *But to remain in the flesh is more necessary on your account.*

25 *Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith,*

26 *so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.*

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- Thank God that you can trust Him with your future.
 - Thank God that His Word and Christ's example teach us how to die to ourselves, though we confess we would rather not.
 - Thank God for the joy which comes when our will is conformed to match His will.
 - Ask God to help you set aside your own desires, comfort, opinions, expectations, and will, so you can actually know the joy of living for Christ.
 - Ask God to help you to die to yourself so you can live for Him.

Day 12

Thank God for Christian Unity

Phil. 1: 27

Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel,

- Thank God that unity found in Him surpasses economics, politics, ethnicity, and even theology.
- Thank God we can represent Him by standing firm with other believers in spite of our differences.
- Thank God that our unity as the Body of Christ is fueled and used by the Holy Spirit to glorify God and advance Christ's Kingdom.
- Ask God to make you one with other believers in your church, in your community, in the PCA, and around the world.

Day 13

Thank God for Jesus

Phil. 1:27-30

27 Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel,

28 and not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God.

29 For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake,

30 engaged in the same conflict that you saw I had and now hear that I still have.

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- Thank God that you are justified so you can live in a manner worthy of the gospel of Christ.
 - Thank God that your community helps you to stand firm.
 - Thank God that you don't have to fear the now or even the future because your eternity is secure.
 - Thank God that He is with you in your suffering and He can use your suffering to draw you closer to Him and as a testimony to others.
 - Thank God that Jesus knows your struggle. He experienced conflict, persecution, and rejection, and He equips us to endure them with hope.
 - Ask God to show you what it means to live in a manner worthy of the gospel of Christ.

Day 14

Thank God for Christ's Encouragement

Phil. 2:1-4

1 So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy,

2 complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

4 Let each of you look not only to his own interests, but also to the interests of others.

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- Thank God for Christ's encouragement, His comfort, His love, His affection, and His sympathy.
 - Thank God for our participation in the Spirit and that through these gifts, we are being made more like Jesus and united with other believers.
 - Thank God that the love of Christ flows through you as He uses you to love others as He has loved you.
 - Thank God that you aren't held captive by your selfish ambitions or desires, but the Holy Spirit sets you free to think of the needs of others before your own needs.
 - Ask God to help you look to the needs of others and to set aside your own interests.

Day 15

Thank God for the Example of Christ

Phil. 2:3-8

3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

4 Let each of you look not only to his own interests, but also to the interests of others.

5 Have this mind among yourselves, which is yours in Christ Jesus,

6 who, though he was in the form of God, did not count equality with God a thing to be grasped, 7 but emptied himself, by taking the form of a servant, being born in the likeness of men.

8 And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

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- Thank God for the example of Christ.
 - Confess that it is easy to think about yourself and to look to your own interests.
 - Thank God that He gives you the opportunity to be His servant in this world.
 - Thank God for Christ's obedience, and ask Him to help you obey Him.
 - Ask God to make you more like Jesus and enable you to be His humble servant.

Day 16

Thank God for the Holy Spirit

Phil. 2:5-11

*5 Have this mind among yourselves, which is yours in Christ Jesus,
6 who, though he was in the form of God, did not count equality with God a thing to be grasped,
7 but emptied himself, by taking the form of a servant, being born in the likeness of men.
8 And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.
9 Therefore God has highly exalted him and bestowed on him the name that is above every name,
10 so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,
11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*

- Thank God that His Holy Spirit can make you like Christ.
- Thank God that Jesus teaches us to die to ourselves.
- Thank God for the promise that one day every knee will bow and every tongue will confess Jesus Christ is Lord. Oh, Lord, how we long for that day!
- Thank God that the hope of what is to come changes how we look at our current situation.
- Ask God to help you to have an eternal mindset all day, so you will live today in the eternal hope Jesus brings.
- Pray for revival.

Day 17

Thank God for Salvation

Phil. 2:12-13

12 Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, 13 for it is God who works in you, both to will and to work for his good pleasure.

- Thank God that your salvation is guaranteed in the perfect work of Christ and that God enables you to live differently than those who don't know Him.
- Thank God that He enables you to obey Him, defying your sinful desires, through the power of the Holy Spirit.
- Thank God that He gives you daily opportunities to die to yourself, so you can live for Him.
- Ask God to give you eyes to see your sin, a heart that desires to obey, and opportunities to serve Him as He makes you more like Jesus.

Day 18

Thank God for His Many Blessings

Phil. 2:14-18

14 Do all things without grumbling or disputing,

15 that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,

16 holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.

17 Even if I am to be poured out as a drink offering upon the sacrificial offering of your faith, I am glad and rejoice with you all.

18 Likewise you also should be glad and rejoice with me.

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- Thank God for His many blessings, including Jesus, God's Word, and the fellowship of believers.
 - Thank God that He has saved you, not because you deserved to be saved, but because He loves you and He makes you blameless and innocent.
 - Thank God that you have the opportunity to be a light in a dark world.
 - Thank God that He has given you easy access to the Word of Life and ask Him to use it in your life to help you to be faithful.
 - Confess to God that being a drink offering is a struggle, and ask Him to enable you to rejoice as He uses you in the lives of others.

Day 19

Thank God for His Word

Phil. 2:19-30

19 I hope in the Lord Jesus to send Timothy to you soon, so that I too may be cheered by news of you.

20 For I have no one like him, who will be genuinely concerned for your welfare.

21 For they all seek their own interests, not those of Jesus Christ.

22 But you know Timothy's proven worth, how as a son with a father he has served with me in the gospel.

23 I hope therefore to send him just as soon as I see how it will go with me,

24 and I trust in the Lord that shortly I myself will come also.

25 I have thought it necessary to send to you Epaphroditus my brother and fellow worker and fellow soldier, and your messenger and minister to my need,

26 for he has been longing for you all and has been distressed because you heard that he was ill.

27 Indeed he was ill, near to death. But God had mercy on him, and not only on him but on me also, lest I should have sorrow upon sorrow.

28 I am the more eager to send him, therefore, that you may rejoice at seeing him again, and that I may be less anxious.

29 So receive him in the Lord with all joy, and honor such men,

30 for he nearly died for the work of Christ, risking his life to complete what was lacking in your service to me.

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- Thank God that the where, when, and how we go are determined by Him.
 - Thank God for His Word, the work of Paul, Timothy, Epaphroditus, and the other saints who went before you.
 - Thank God for spiritual fathers and mothers, brothers and sisters, sons and daughters. Mention by name those the Lord has given to you.
 - Thank God that He connects us with other believers in such an intimate way.
 - Ask God to show you how to be an encouragement to other believers.
 - Ask Him to guide you in ministering to the least and lost in this world.

Day 20

Thank God for Everything

Phil. 3:1-3

3:1 Finally, my brothers, rejoice in the Lord. To write the same things to you is no trouble to me and is safe for you.

2 Look out for the dogs, look out for the evildoers, look out for those who mutilate the flesh.

3 For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh—

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- Thank God for EVERYTHING that comes to mind.
 - Thank God that even from prison, Paul wrote to show us how to rejoice regardless of our circumstances.
 - Thank God the flesh is passing away, and our hope is in the eternal.
 - Ask God to help you discern the dogs and evildoers, who would distract your pursuit of Him.
 - Ask God to help you look past the now, and to live more intentionally with the eternal hope Christ promises.
 - Pray for revival!

Day 21

Thank God That We Are His People

Phil. 3:3-9

3 For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh—

4 though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more:

5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee;

6 as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

7 But whatever gain I had, I counted as loss for the sake of Christ.

8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ

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- Thank God that we are His people; believers are “the circumcision.”
 - Thank God that a relationship with Him is not dependent on what you do or don’t do, for all the work was done in Christ’s death and resurrection.
 - Thank God that He changes our perspective and understanding so we can see our circumstances in light of what He values.
 - Ask God to help you to understand His economy, that what the world thinks is gain can be a spiritual loss and that worldly loss can lead to spiritual gain.
 - Ask God to make your losses in this world an opportunity which draws you closer to Christ.

Day 22

Thank God That Christ Did It All

Phil. 3:8-11

8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ

9 and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—

10 that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death,

11 that by any means possible I may attain the resurrection from the dead.

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- Thank God that your righteousness comes from Christ, not you. Confess that sometimes you forget and believe the lie that what you do or don't do is too important. Ask Him to remind you that Christ did it all.
 - Thank God that Jesus lived a perfect life and still died so you might know God's love.
 - Thank God that you know the power of Christ's resurrection, and ask Him to make it more powerful in your life today.
 - Thank God for the privilege of sharing Christ's suffering.
 - Thank God that you look forward to the resurrection of the dead.
 - Ask God to help you keep these truths in mind throughout the day, so you really will live differently and experience the events of this world differently, and pray His presence will turn your fear into faith.

Day 23

Thank God for His Resources

Phil. 3:12-16

12 Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.

13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

15 Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.

16 Only let us hold true to what we have attained.

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- Thank God that He provides resources: His Word, the Church, and Christian community to aid us in making our faith our own.
 - Thank God that Christ has made you His own.
 - Thank God that the worst parts of this world will fade away one day when you receive the eternal prize of Christ.
 - Thank God that His presence in your life helps you to press on toward eternity with Him.
 - Confess that it is not easy to forget what lies behind.
 - Ask God to help you when you grow weary or get distracted. Ask Him to put His hands on your face to direct your focus and to speak to your heart so you might press on to faithfulness in Christ Jesus.

Day 24

Thank God for Examples of How to Follow Christ

Phil. 3:17-21

17 Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us.

18 For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ.

19 Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.

20 But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,

21 who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

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- Thank God for Paul and his example and for others who have been examples to you of what it means to follow Christ.
 - Thank God for the tears you have shed for those enemies of the cross. You were once like them. Ask God to move in your heart so He may use you to share Christ with them.
 - Thank God that your citizenship is in heaven, not in just a country on earth.
 - Thank God we can look forward to Christ's return when we will be transformed.
 - Ask God to help you look forward to being transformed and to live in the light of that hope.

Day 25

Thank God for the Desire to Stand Firm

Phil. 4:1-3

1 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

2 I entreat Euodia and I entreat Syntyche to agree in the Lord.

3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

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- Thank God for the desire to stand firm in the Lord.
 - Thank God that you can look to Him for help with earthly relationships.
 - Thank God that the joy ahead is greater than the current pain.
 - Ask God to help you navigate the now, to guide you in difficult relationships, and to remind you of what really matters to Him.

Day 26

Thank God That You Can Rejoice

Phil. 4:4-7

4 Rejoice in the Lord always; again I will say, rejoice.

5 Let your reasonableness be known to everyone. The Lord is at hand;

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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- Thank God that you can rejoice, even if you don't feel happy and regardless of your circumstances, because, like Paul, your hope isn't contained in this world.
 - Thank God that He is near!
 - Thank God that He enables you to take your concerns to Him and you don't have to be afraid in this world.
 - Thank God that He has given you so much to be thankful for, and ask Him to bring those things to mind throughout the day.
 - Thank God for a peace which surpasses understanding.
 - Ask God to guard your heart and mind, so you can enjoy the peace He offers you.

Day 27

Thank God for Good Thoughts

Phil. 4:8-9

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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- Thank God for true, honorable, just, pure, lovely, and commendable thoughts. Confess you sometimes set your mind on things which are not good.
 - Ask God to help you to think on what is lovely, commendable, excellent—those things which bring His praise to your lips.
 - Thank God for all you have learned about Him.
 - Thank God that His Spirit helps you to practice what He has taught you, to live with mercy, grace, and peace.
 - Ask God to help you to pursue Him so you will be an example to others.

Day 28

Thank God for Contentment

Phil. 4: 10-13

10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity.

11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.

12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

13 I can do all things through him who strengthens me.

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- Thank God for the gift of contentment, that the gift of contentment is not dependent on your circumstances but on your awareness of God's presence in your life.
 - Thank God for the times when your needs, physical, mental, emotional, economic . . . drive you to Him.
 - Thank God that regardless of your circumstance, He is with you.
 - Ask God to strengthen you so you may remember that contentment is only found in Him and many of your longings will only be satisfied by greater intimacy with Him.

Day 29

Thank God for Opportunities to Sacrifice

Phil. 4:14-20

14 Yet it was kind of you to share my trouble.

15 And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only.

16 Even in Thessalonica you sent me help for my needs once and again.

17 Not that I seek the gift, but I seek the fruit that increases to your credit.

18 I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God.

19 And my God will supply every need of yours according to his riches in glory in Christ Jesus.

20 To our God and Father be glory forever and ever. Amen.

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- Thank God for those in your life who have shared your trouble.
 - Thank God for the opportunities He gives you to sacrifice what is best for you, so you can care for someone else.
 - Thank God that He can use you to be a blessing to someone, that you can be His hands and feet in a tangible way to serve others.
 - Thank God that your sacrifices are an eternal investment which glorifies God, and that your sacrifice creates space for God's increased presence in your life.
 - Thank God that you can look to Him to meet your needs and that the riches of Christ far surpass the best this world has to offer.
 - Ask God for contentment, for eyes to see His blessings, and for a heart filled with gratitude for His presence in your life.

Day | 30

Thank God for the Community of Believers

Phil. 4:21-23

21 Greet every saint in Christ Jesus. The brothers who are with me greet you.

22 All the saints greet you, especially those of Caesar's household.

23 The grace of the Lord Jesus Christ be with your spirit.

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- Thank God for the community of believers which crosses all barriers of time and space, for the saints—your brothers and sisters—in Christ.
 - Thank God that He has called you into a relationship with Him, and ask Him to draw you closer in these difficult days.
 - Thank God for every blessing which comes to mind.