

Scripture Prescriptions

Take as many as needed as often as needed!



The Thankfulness Prescription (take as many as needed, as often as needed)

by Mary Kane

God's Word is medicine for our souls. All of us are the "walking wounded" in need of healing. The antidote for our wounds is daily doses of God's Word. Please use the Scriptures of this Bible study as a prescription to bring spiritual health to your life. Write these scriptures down on note cards and pray them into your concerns and challenges as often as needed. Take them with you everywhere you go.

"He sent his word, and healed them, and delivered [them] from their destructions." Psalm 107:20

"Now, be a good boy and say, 'Thank you.' One of the first phrases I taught my children to say was, "Thank-you." Thank-you's are a big deal at our house. Whatever else we may not be at least we can be thankful. No act of service, petition for help or unexpected blessing should ever go un-thanked. How beautiful it is to be thanked for a gift or a service rendered. As I expect my children to be thankful for what they receive, I in turn should be thankful for what I receive. But how many blessing have I let go un-thanked? God pours out His blessings upon me morning by morning. The Giver of blessings has much to say about thankfulness in His Word. Let's lose our spirit of entitlement and pour out a sacrifice of thanksgiving to our Father.

Below is a list of several Bible verses that will help you cultivate a spirit of thankfulness in your heart. After each verse there is an opportunity to respond to God in thanksgiving. Please take some time to rejoice and give thanks to God!

1. "Oh, give thanks to the LORD, for He is good! For His mercy endures forever." 1Ch. 16:4 This verse names two things we should be thankful for: God's *goodness* and His *mercy*. God is eternal therefore His mercy and goodness are eternal and readily available when we fall short or are in need of comfort. Even if we can't think of "one good thing" to be thankful for, our lips should still pour forth His praise because *He* is good. Like joyfulness, thankfulness should not depend upon our circumstances but upon our God.

a. Response: Below, please record several attributes of God. I've listed a few to help you get started:

1. Holy
2. Just
- 3.
- 4.
- 5.
- 6.

b. Now please turn your list into a prayer of praise and thanksgiving and thank God for who He is.

2. "Sing to Him, sing psalms to Him; talk of all His wondrous works!" 1Ch.

16:9 God has done so many wonderful things for me. However, His most wondrous work is that He went to the cross to save my soul from death and shame. He has given me such beauty for my ashes. In return, I give Him a sacrifice of praise and gratitude wrought from my thankful heart.

a. Response: In the space below, please list some of the wonderful things that God has done for you.

b. Please look over your list and savor all the good that God has done for you. Sing to the Lord an original song of thanksgiving based on your list above. Don't worry if you aren't a trained singer. Your voice will be music to His ears!

3. "Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days." Daniel 6:10

Daniel offered prayers of thanksgiving *after* he learned of a terrible plot against his life. He did not run, hide or try to plead his case with the king. Neither did he fall into depression or despair because Daniel knew that God would use all things for His good. So with his eyes firmly fixed on God, Daniel continued to praise and thank God. Despite harsh circumstance God still deserves our praise as well. The word used for *thanks* in this verse is derived from the Hebrew word *yadah*. *Yadah* means to throw, to shoot, to cast arrows, to through down. Like Daniel, when we are facing hard times, when the enemy is closing in, the most powerful thing we can do is to cast our arrows of praise in his face. The enemy will be thrown down when we give our praise and thanks to God.

a. **Response:** Right now like Daniel, in the face of your harsh circumstances, get down on your knees and offer God a sacrifice of thanksgiving. Thank Him that He uses all things for your good, to shape you into the image of Christ Jesus and bring glory to His name. Shoot your arrows of praise directly into the heart of the enemy and watch him fall in defeat.

4. "In God we have boasted all day long, and we will give thanks to Your name forever. Selah." Psalm 44:8 Throughout the course of the day, in this song of praise, the sons of Korah give credit for the blessing Israel is experiencing where it is due—to God. They realize it is not by their own might or skill that they accomplish anything but through God alone. Like the sons of Korah, without Him we can do nothing, but through Him we can do everything.

a. **Response:** If possible this day, at the top of each hour, give God some praise for what He has accomplished through you. Whether its finishing a project, completing your research paper, wrapping up a photo shoot or folding the last piece of laundry, thank Him for empowering you to finish the task.

5. "I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well."

Psalm 139: 14. The word used for *praise* at the beginning of this verse is also translated as *thank*. As Christians we often quote this verse, but we usually stop after the phrase *fearfully and wonderfully made*. What word is used to describe God's *works* (which are you and me) in this verse? MARVELOUS. You are marvelous. Please go back and read this verse again, inserting your own name for the word *works*: "Marvelous is _____ (*your name*)." Now I would like you to say that phrase to yourself again while lifting your face to heaven.

a. **Response:** We are all so good at pointing out our faults and deficiencies, but let us take a few minutes to thank God for How He made us. Starting at the tops of our heads, down to the tips of our toes, naming each part ("God I thank you for my hair. Your Word says it is my crown and glory. I thank you for my mind ...") let us praise God for how He has made us.

a. **6. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."**

Philippians 4:6 When faced with a need, trial, challenge or disaster we have two choices. We can either a) Fret about it and give ourselves panic attacks and ulcers or b) Pray about it and let God give us His peace. In my lifetime I have often opted for point *a* and have reaped the benefits thereof (heartburn, irritable bowel, vertigo etc.) God has recently been teaching me that point *b* is possible and truly a personal choice. Point *b* is also so much better for my health. In order to experience the peace of God we need to:

Pray (*proseuchē* from the Greek) which means to meet with God for prayer,
Offer Him our supplications (*deēsis* Greek) which means our personal heartfelt requests and
Give Him our thanks (*eucharistia*).

Philippians 4:8 then seals the deal—we are to control our minds by purposefully choosing to think on things that are good, *true*, *lovely* and praise-worthy. No more vain imaginations about what might happen. No More stressing over the past or fearing the future. Replace wearisome, worrisome thoughts with life-giving powerful words of Scripture.

a. Response: Right now use the concordance of your Bible to find a Bible verse that speaks to your current challenge. Take that verse and turn it into a prayer. By praying God’s Word into your hardship you are planting seeds that will reap a harvest of righteousness. “He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him.” Psalm 126:6

7. “In everything give thanks; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18 According to this verse, what is the will of God for us?— to give thanks in EVERYTHING. Not because everything that happens to us is good, but because He is good and God will use everything that happens to us for good. Do I understand this concept? No. Do I know how it works or why it works? No. But I do know it does work. God has faithfully transformed hard, ugly, painful, destructive things for my good. He will do it again—as often as needed. When we decide to thank God for the hard things, we give up our claim on bitterness and unforgiveness. Often these negative emotions lay, like toxic waste, buried in the depths of our hearts. Over time these containers begin to leak their poison and contaminate everything they touch. Giving thanks transforms these dangerous toxins into agents that work for our good.

a. Response: Ask God to examine your heart and show you if any bitterness or unforgiveness buried deep within. Please offer these hurtful things to God by writing them down (in code if needed) on a piece of paper. Then, thank God for how He will transform these curses into blessings. Now, as an act of faith, please rip up you paper and throw it away.

Whenever you are tempted to grumble and complain offer instead a sacrifice of praise and thanks to God. Your heart will begin to take on a habit of thanksgiving. Please repeat these verse as often as needed. Get plenty of rest and call Him in the morning!

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