



On-The-Go Thankfulness Retreat


RESTministries

565 E. William & Mary Dr., Martinsville, IN 46151
phone: 765-327-7157 email: info@rest-ministries.org

Thankfulness Day 1

And He directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, He gave thanks and broke the loaves. Then He gave them to the disciples, and the disciples gave them to the people.
Matthew 14:19

Most of us are so busy baking our loaves and frying our own fish we have very precious little time to focus on one more thing... 10 days of thanksgiving. So why are we asking you to pause frequently and be thankful? Simply, often in Scripture, thankfulness precedes miracles!

Interestingly enough, in Matthew 14 we see the disciples focusing on the resources they have to feed the multitude of people, but Jesus simply focuses on thanking His Father for His ability to provide. Thanksgiving, then BAM – miracles follow!

Today, intentionally ponder the things you are striving to accomplish on your own power that you need to turn over to God smothered in prayers of thanksgiving! ☼

Thankfulness Day 2

And let them sacrifice the sacrifices of thanksgiving and rehearse His deeds with shouts of joy and singing!" Psalms 107:22

Your thanksgiving is a sacrifice to

God! Have you ever framed your giving thanks as “rehearsing God’s deeds?”

Today seek to rehearse the amazing, grace filled and undeserved deeds of God in your life with shouts of joy and singing and offer it up as a sacrifice offering to God! ☼

Thankfulness Day 3

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition with definite requests and with thanksgiving, continue to make your wants known to God.
Philippians 4:6

How much time do you waste in worry? Worry has been described as a mild form of atheism; not really believing God is able to handle our problems! Put into action what God says in Philippians 4:6!


Ponder some things you have recently been worrying about and spend some time lifting those needs and wants up in petitions to God, saturated in advance with thanksgiving! ☼

Thankfulness Day 4

It has been said, “Thanksgiving is the vibration of the soul’s heart-strings under the soft touch of God’s benevolence.” Today reflect upon the


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benevolence God has extended to you during your life and allow the music of your soul's praise and thanksgiving reverberate through the heavens. Practice "thanks-living" today as you sing to Him.

Make music to praise Him. Meditate on all the miracles He has done.
1 Chronicles 16:9 

Thankfulness Day 5

Why is thanksgiving so important? Giving thanks is completely counter cultural, against our human nature and "anti-us." Simply put, thanksgiving is an act of self-denial! Focus today on giving thanks for the things in your life only God could have accomplished. Especially focus on how often God has provided in advance for your needs – even before you knew you were in need.

He is your praise, and He is your God, who has done for you these great and awesome things, which you have seen with your own eyes.
Deuteronomy 10:21 

Thankfulness Day 6

Sometimes it appears the popular social media network, Facebook, would be better titled "Boast Book". Something deep inside of us really longs to be praised by others...we live for it and thrive on it.

In 1 Corinthians 1:31, we are told, "Whoever brags must brag about what the Lord has done." The Message Bible puts it this way, "If you're going to blow a horn, blow a trumpet for God!"


Today, try to use Facebook and any other opportunities with your family, coworkers and friends to boast upon God with thanksgiving and blow a trumpet for God! 

Thankfulness Day 7

The word ascribe means to "attribute to." In God's Word we are told we must ascribe to God the Glory due Him!

Ascribe to the Lord the glory due his name; bring an offering and come before him! Worship the Lord in the splendor of holiness. 1 Chronicles 16:29


God has over 700 names which describe Him in the Bible and over 375 attributes as well. Wow, what an amazing God, who deserves our unending praise and thanksgiving!

Today, focus on giving thanks and ascribing God glory for the amazingly powerful Names of God and His life-altering attributes. (To access a list of the names of God and His attributes, visit REST Ministries website, www.rest-ministries.org/products/tool-kit) 

Thankfulness Day 8

We frequently praise, worship and give thanks in different arenas every day. Have you ever "worshipped" your favorite ball team or your favorite performers at a music concert? Have you "praised" your fellow workers or friends or possibly your own abilities to others? Have you "thanked" your lucky stars for the way things have lined up in your life? How often do we really stop in advance of all our huge needs to praise, worship and give thanks to God?

Psalms 100 says, "On your feet now — applaud God! Bring a gift of laughter, sing yourselves into his presence. Know this: God is God, and God, God. He made us; we didn't make Him. We're His people, his well-tended sheep. Enter with the password: "Thank you!" Make yourselves at home, talking praise. Thank Him. Worship Him. For God is sheer beauty, all-generous in love, loyal always and ever."


Applaud God today. Celebrate Him with the clapping of your hands and the shouts from your voice. Our password into God's presence is "thank you." Think today about owning the exclusive "password" to enter His presence! Enter into God's presence with thanksgiving today in worship. 

Thankfulness Day 9

Don't keep thanksgiving and praise of God to yourself...share it with others.

Oh give thanks unto the Lord, call upon His name, make known His doings among

the peoples! Sing to Him, sing praises to Him; meditate on and talk of all His marvelous deeds and devoutly praise them. Psalm 105:1-2

Today step out of your comfort zone and intentionally share with others the many things God has taught you about thankfulness and praise in the last few days. Share with others some of the things you are thankful for. Give Him the glory!! 

Thankfulness Day 10

It may seem at times things appear hopeless and things couldn't get any worse – how could worship and thanksgiving change such a situation? It had to look extremely hopeless for Jonah as he sat in the belly of a whale at the bottom of the sea. However bleak, Jonah decides to offer a sacrifice of thanksgiving up to the Lord!

But as for me, I will sacrifice to You with the voice of thanksgiving; I will pay that which I have vowed. Salvation and deliverance belong to the Lord! And the Lord spoke to the fish, and it vomited out Jonah upon the dry land. Jonah 2:9-10

If you are not in the belly of a whale today, you have more to be thankful for than Jonah did. Today, look continually for ways to make a sacrifice of thanksgiving to God and see if God doesn't show Himself to be your God of Salvation and Deliverance today as well! 