

Ephesians 6:20-24 (NLT)

²⁰ I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.

²¹ To bring you up to date, Tychicus will give you a full report about what I am doing and how I am getting along. He is a beloved brother and faithful helper in the Lord's work. ²² I have sent him to you for this very purpose—to let you know how we are doing and to encourage you.

²³ Peace be with you, dear brothers and sisters, and may God the Father and the Lord Jesus Christ give you love with faithfulness. ²⁴ May God's grace be eternally upon all who love our Lord Jesus Christ.

Give thanks to God for**1. Spiritual friendships.**

a beloved brother and faithful helper... to let you know how we are doing and to encourage you.

He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. *Ephesians 4:16 (and 4, 5)*

- *God, thank you for spiritual friends like...*

2. God's peace.

Peace be with you...

Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. *Ephesians 4:3 (and 1:2, 2:14, 2:15, 2:17, 6:15)*

- *God, thank you for unity I see in the church...*

3. God's love.

May God give you love with faithfulness.

Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. *Ephesians 3:17-19 (and 1:4, 1:15, 2:4, 4:2, 4:15-16, 5:2, 5:25, 5:28, 5:33)*

- *God, thank you for your love that...*

4. God's grace.

May God's grace be eternally upon all who love our Lord Jesus Christ.

So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus. God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. *Ephesians 2:7-8 (and 1:6-7, 2:4-5, 3:2, 3:7)*

- *God, thank you for your grace that...*

Next Steps: In your time alone with God, practice the rhythm of "reflect and write" – reflecting on the passages listed above and writing in your journal. How do these verses grow your heart of gratitude? Each day leading up to Thanksgiving Day, write in your journal prayers of gratitude with these topics:

Day 1: Family and friends who encourage you to grow in your faith.

Day 2: Family and friends who companion with you in life.

Day 3: God's peace.

Day 4: God's love.

Day 5: God's grace.

NOTES: