



Monthly Meditation

November, 2025

Monthly Theme

“Give Thanks in All Circumstances.”

Scripture

1 Thessalonians 5:18-19

“In all circumstances give thanks, for this is the will of God for you in Christ Jesus. Do not quench the Spirit.”

Reflection

1. Read the passages aloud and then one more time, slowly and thoughtfully.
2. Reflect on what word or phrase from these words of Jesus stand out to you.
3. Read the passages once more, slowly and thoughtfully.
4. What do you feel the Lord is trying to tell you in this word or phrase?

Discussion

1. What word or phrase from this scripture passage stands out to you? Why?
2. Do you find it easy or difficult to be grateful in all circumstances?
3. How can you find ways to be thankful when you are facing challenges in your life?
4. If it is God's will that we give thanks in all circumstances, what things might need to change in your life, in order to carry out this will of Our Lord?
5. Name at least five things that you can give thanks to God for right now. Then give Him thanks for them.

Action

Spend at least 5 minutes each day this month counting your blessings and giving thanks to God for each of them.

Prayer

Thank you, Lord,
for watching over us.
Through our trials,
you've made us victorious.
We praise Your Name,
most great and glorious.
Thank you, Lord,
for one more day.
Amen!