



# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing.**

*Psalm 145:15–16*

## **Thank you, God, for your support in life.**

A personal note of thanks:

Heavenly Father,

I just wanted to say thank you for ice cream. It's so good! It's cold! It's tasty! In all honesty, Lord, I want to say thank you, not just for the ice cream but for all the good things you give me. So often I forget to do so. You are so generous, and I often fail to give thanks. Thank you, God.

God, you don't just care for me, you care for everyone. You love everyone and everything, even the creatures of this world that are a distant thought to me. Without you, your creation would not make it. I would not survive. But there you are, taking care of all people, all creatures, and all creation. Thank you!

And you're more than just there—your hand is open, and your blessings overflow. You give the squirrels their nuts, the birds their worms, and the mighty lion his food. Then there is me. I'm just a speck of sand on this earth. But I have your attention! I have your love! And you take care of all my needs. Thank you!

As I sit here and think, I can't help but remember that you not only give, but give so generously. My closet, my home, and my heart are full of your blessings. You have blessed me with so much variety and continually give me more than what I need to get by. You give me my life and breath, my time and talents. You give me my loved ones, my friends, and so much more. I am so blessed! Thank you!

I especially thank you, Lord, for the gift of Jesus, my Savior. In him, I have the joy and confidence of knowing that even when my earthly strength fails or tragedy hits, no matter my age, I have eternal life. Thank you for Jesus. You are my ultimate blessing in this life and the next. Thank you, God. Amen.

This is my personal prayer of thanksgiving. Here's is this week's challenge. In your journal or notes app, write your own prayer of thanksgiving to God for all his blessings to you.

**Prayer: Heavenly Father, you created the world and continue to care for it even though it is filled and tainted with sin. Thank you! Help us all to turn our eyes to you as the animals do and give thanks to you for all your blessings, especially Jesus. Amen.**