

*Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, 'Thus far the Lord has helped us.'*  
1 Samuel 7:12

- \_\_\_ 1 Samuel 7:12
- \_\_\_ Psalm 103:2
- \_\_\_ Deuteronomy 4:9
- \_\_\_ Joshua 4:7
- \_\_\_ Psalm 145:4
- \_\_\_ James 1:17
- \_\_\_ Romans 8:28
- \_\_\_ Lamentations 3:22-23
- \_\_\_ Psalm 105:5
- \_\_\_ Isaiah 46:9
- \_\_\_ Deuteronomy 8:2
- \_\_\_ Psalm 107:8-9
- \_\_\_ Psalm 77:11-12
- \_\_\_ 1 Chronicles 16:12
- \_\_\_ Psalm 9:1
- \_\_\_ Psalm 100:4-5
- \_\_\_ Hebrews 13:15
- \_\_\_ 1 Thessalonians 5:18
- \_\_\_ Psalm 118:1
- \_\_\_ Psalm 136:1
- \_\_\_ Isaiah 12:4-5
- \_\_\_ Colossians 2:6-7
- \_\_\_ Psalm 34:1
- \_\_\_ Psalm 107:8, 15, 21, 31

You can find the blog post , podcast, and video that go with this Scripture Cultivation at <https://beneaththefigtree.org>

# Building Your Ebenezer

## 3 STEPS TO BUILDING YOUR OWN EBENEZER

**1. Start with Gratitude:** The first step is simply to make a list of blessings. James 1:17 says, “Every good and perfect gift is from above, coming down from the Father of the heavenly lights.” What are some of the gifts or blessings you’ve received recently? Or places where you’ve seen God’s favor. It could be something small, like a peaceful morning, or something bigger, like an answered prayer or a breakthrough. Whatever it is, these blessings are evidence of God’s love and care in your life. And once you start taking inventory, you’ll find His blessings are unending.

**2. Finding Blessings in Disguise:** The next step is a little more challenging. Think about the difficult seasons—those times when things were really hard, or just didn’t go the way you hoped. Romans 8:28 promises that “in all things God works for the good of those who love Him.” Have there been moments where something seemed impossibly unending, but looking back, you can see how God used it for your good?

**3. Mark the Moment:** After reflecting on these moments, find a way to mark them. It could be through journaling, keeping a gratitude jar, or even writing them on sticky notes and placing them where you’ll see them every day. Deuteronomy 4:9 says, “Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen.”

# Building Your Ebenezer

## 12 IDEAS FOR BUILDING YOUR OWN EBENEZER

### **Create a Physical Ebenezer**

Choose a small stone or another object (like a seashell, pinecone, or piece of wood) to represent significant moments in your life where you experienced God's help. Write a word or date on it that reminds you of God's faithfulness. Place it somewhere visible as a daily reminder of how far He's brought you.

### **Journal Your Ebenezer Moments**

Spend time reflecting on key moments in your life when God provided for you, protected you, or helped you overcome challenges. Write these down in a journal under the heading "Ebenezer Moments." Revisit this list when you need encouragement or a reminder of God's goodness.

### **Create a Gratitude Jar**

Throughout the month, write down things you're grateful for—both big and small—and put them in a jar. At the end of the month, take time to review and reflect on these blessings. Consider this an ongoing practice to remind you of God's provision.

### **Photo Journal of Blessings**

Use your phone to take pictures of daily blessings, from nature to moments of joy with loved ones. Compile these photos at the end of the month as a visual "Ebenezer" that shows how God has been present in your everyday life. Use a collage app or print the photos in a gratitude journal.

# Building Your Ebenezer

## 12 IDEAS FOR BUILDING YOUR OWN EBENEZER

### **Gratitude Walk**

Take a walk in nature or around your neighborhood, and as you walk, reflect on the ways God has been present in your life. You can even pick up stones or small objects as tangible symbols of what you're grateful for. Let the act of walking and pausing for reflection help you remember His faithfulness.

### **Write a Gratitude Letter**

Write a letter to God, recounting the specific ways He has been faithful and how He's helped you through trials. Make it a personal Ebenezer by keeping it as a testimony of His faithfulness or read it aloud during a time of prayer to reinforce your gratitude.

### **Incorporate Gratitude into Your Prayer Life**

Set aside a specific time each day for gratitude prayers. Start by thanking God for past Ebenezer moments, and then ask for eyes to see how He's at work in your present. This simple shift in daily prayer can help cultivate a grateful heart.

### **Turn Trials into Testimonies**

Reflect on times when you faced hardship but later realized God was working for your good. Write down how those trials became testimonies of His faithfulness.

# Building Your Ebenezer

## 12 IDEAS FOR BUILDING YOUR OWN EBENEZER

### **Scripture Art**

Choose a favorite Bible verse from the Scripture Cultivations List that reminds you of God's help and provision. Turn it into a piece of art—whether it's through painting, hand lettering, or creating a digital graphic. Hang it somewhere you'll see often as a visual reminder of your Ebenezer.

### **Create an Ebenezer Storyboard**

Use a bulletin board or large piece of paper to create a visual storyboard of your Ebenezer moments. Use symbols, words, and dates to represent key events in your life where you saw God's hand. Let this storyboard be a growing reminder of God's ongoing presence in your life.

### **Map Your Faith Journey**

Take a large sheet of paper and draw a timeline of your life. Mark significant moments where God intervened or helped you, whether they were blessings or trials that turned into blessings. This "faith map" can serve as a reminder of His provision and direction.

Here I raise my

**Ebenezer**

*Come, Thou Fount of Every Blessing*

beneath the *Fig Tree*

*Hey there friend.*

I'm Rose and at here Beneath The Fig Tree, my favorite God-assignment is coming alongside women to help them cultivate a devotional life they absolutely love so they experience the tangible, meaningful relationship with God they were created for!

I share lots of inspiration, tools, ideas and encouragement. You can connect with me and a whole community of (mostly) women I affectionate call "Figs" as we cultivate our devotional lives together.



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Much love and gratitude,

*Rose Jordan*