

# GRATITUDE

**Definition:** the quality of being thankful, readiness to show appreciation for and to return kindness. We will assert control over anxiety and negativity with a healthy shot of thankfulness.

**Read:** Psalm 40

**Pray:**

Dear One True God,

Help me let go of bitterness, disappointment and “Why me?” in exchange for gratefulness. I’m sorry for taking your blessings for granted, open my mind to see the love and generosity you shower on me every day. You are great and greatly to be praised.

**Activity:**

1. Using the I am Grateful For sheet as a guide, jot down in your journal all the things that make you grateful.
2. Gratitude is good for your health, but don’t take my word for it. Read the article on the table from *Harvard Mental Health*, In Praise of Gratitude. After reading the article do you feel compelled to write a thank you note, count your blessings, or meditate? Do it!

**Pray:**

All Powerful God, May your praises always be on my lips. Help me to be more generous with encouragement and gratitude. You have been very good to me, let that be my first thought in the morning and my last thought at night. Amen