

Chapter 50: Gratitude and Thanksgiving

God calls us to be thankful in ALL circumstances. It is really difficult to do this. He knows. He wants you to do it anyway. The joy that you get from practicing this daily far outweighs the effort that it takes to do it.

Gratitude transforms you. When you look for the good in all circumstances, your light shines brighter each day.

Take some time over the next few days and answer or complete the questions and tasks below. Then put them into practice, and you will see how much thanksgiving influences every aspect of your life.

Start a gratitude journal. This is an integral part that you must include in your transformation. It can be something as simple as a spiral notebook. Use it every day and write down specific things that you are thankful for. They can be simple things or stuff that is more monumental. It doesn't matter as long as you write them down, thank God for them, and smile. Write down five things you are grateful for right now.

The Storm

What are some good things in your life that you have taken for granted?

Today, I want you to pay attention to all of the signs, coincidences, and your subconscious thoughts today. That is God talkin' to you! What is He saying?

Gratitude and Thanksgiving

Do you find yourself consistently coveting what someone else has? What kind of things do you desire?

Let's focus on what you do have. Write down ten things that makes you... well, YOU.

The Storm

What do you have to be joyful about?

Think about your day today. It may have seemed frustrating at times, but what did you REALLY see? List out all of the good things that you may have missed.

Gratitude and Thanksgiving

If you have not properly prepared for God's answers for your prayers, what can you do now to show Him that you are ready to receive?

Has failure and disappointment in your life shaped you into who you are today?

Gratitude and Thanksgiving

How could structure or getting up earlier help you with your day?

Why aren't you doing it?

Why is spending time with God so important?

The Storm

Have you ever not gone somewhere because of your perception of an imperfection you have (Don't lie! I know you have)? What did you miss out on? Do you regret not going?

What makes you beautiful/handsome?

What will you tell yourself next time you feel "imperfect?"

The Storm

What can you do to be a light in the world?
