

We are going to lean into **Gratitude** and here are some suggestions on how to:
(some from Adele Ahlberg Calhoun, some from me)

- Begin a gratitude journal by keeping a record of the ‘abundances’ God has given you. Take special notice of the things you did not deserve. What response do you have for God?
- Keep a list right beside your bed of what you are grateful for. Add something every night before bed as you talk to God about what it means to you.
- Make a playlist of songs that inspire gratitude in you. Choose to listen to it in purposeful moments of your day.
- Make a Gratitude scrapbook or digital album that you keep on your phone. Collect photos of what you are grateful for and review often.
- Notice your tendency to make comparisons that result in feelings of dissatisfaction or entitlement. Practice abstaining from comparative statements about what you don’t have. Instead, give thanks for what you do have.
- Consider a current hardship. Tell God honestly how you are feeling about this hardship. In Jesus’ presence, look for and name evidence of God’s presence in the midst of this hardship.

Which practice of Gratitude are you planning to pursue?