

The Power of Gratitude – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

What are some things you have complained about in the last week? Write them down. What are some things you are not content about in your life. What about in your relationships? In your financial situation? How much of your time do you spend thinking about these things? Pray and ask God to help you to not complain about these things. Take each thing you have written down which you complained about and thank God for each one.

Day 2

When was the last time you mentioned to someone that you are thankful to God for something? Write down the things you are thankful for, and begin rehearsing them so you can remember to start telling people. Make a point to tell at least one person something you are thankful to God for each day. Also make a point to tell at least one person a day something specific you are thankful for about them.

Day 3

Memorize

EPHESIANS 5:4 (NIV)

Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

Day 4

Write down a list of all the things you are thankful for right now. Both to God and to others. Think about all the things you have to be thankful for. There is always something to be thankful for. Things can always be worse. If nothing else, you at least have salvation in Christ.

Day 5

Begin to set aside time each night before you go to bed and ask yourself who you expressed gratitude for in your life. Ask yourself if there were any situations where you could have expressed gratitude that you didn't. Commit to God to be thankful the next time you run into a similar situation.