

chronic-joy.org



DISCOVERING GRATITUDE

Gratefulness is choosing to focus on God rather than our circumstances. Fixing our eyes on Jesus reminds us of His gracious, compassionate love and unending faithfulness.

1. 1 Thessalonians 5:18
2. Psalm 118:24
3. Colossians 3:15
4. Psalm 107:1
5. Matthew 6:21
6. 2 Corinthians 2:4
7. James 1:17
8. Psalm 103:2-5
9. Lamentations 3:23
10. Philippians 4:12-13
11. Hebrews 12:28
12. James 1:2-4
13. Psalm 136:1
14. Philippians 4:6-7
15. Numbers 6:24-26
16. 1 Chronicles 16:34
17. Psalm 95:2
18. Isaiah 41:10
19. 2 Corinthians 4:15-16
20. Colossians 2:7
21. Psalm 28:7
22. Matthew 11:28

- Each day for the next 22 days, choose one passage above.
- Read it several times and in several different translations.
- Sit with God and ask Him what truths He is speaking to your heart about gratitude and what He longs for you to learn.
- Write those words in one of the blank flares on the opposite side of this page, add color, and add the date so that on the difficult days, when the winds begin to blow, and the waves rise, you can pause, take a deep breath, and remember God's faithfulness.

God does not waste an ounce of our pain or a drop of our tears; suffering doesn't come our way for no reason, and He seems efficient at using what we endure to mold character. If we are malleable, He takes our bumps and bruises and shapes them into something beautiful.
(Frank E. Peretti)

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