

AWAKE IN PRAYERS OF GRATITUDE

Gratitude is a spiritual practice of seeing and celebrating the good in the world around you. This is easier said than done. Modern life (COVID-19 Virus) often forces you to focus on what is bad – what needs to be fixed immediately, what crisis must be prevented, what new thing you need now to make your life better (like stocking up on toilet paper!).

Learning to notice the good takes practice. Thankfully, every time you flex your gratitude muscle you get stronger. You get positive feedback – it feels good to be grateful - and you connect with God who is the source of all goodness. Here are some basic examples:

Gratitude in ALL things:

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus”.

1 Thessalonians 5:18.

“If there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.” Philippians 4:8-9

Gratitude for others:

“Every time I think of you, I give thanks to my God.

Whenever I pray, I make my requests for all of you with joy” Philippians 1:3-4

“May the LORD bless you
and protect you.
May the LORD smile on you
and be gracious to you.
May the LORD show you his favor
and give you his peace.” Numbers 6:24-26

When you express gratitude to someone else, it can be as if God is shining his face on both of you. Think of 3 people you could thank for a specific reason today. Then, follow through with a text, email, or in person (with proper social distancing), expressing to them your sincere thankfulness.

Gratitude in your attitude:

You will keep in perfect peace
all who trust in you,
all whose thoughts are fixed on you! Isaiah 26:3

When your mind wanders to fear or anxiety, focus on these verses, listen to praise music, pray and ask Jesus to refocus your mind on Truth.