

Day 30: Gratitude

Quote

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. Melody Beattie

Bible Verse

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4

Inspiration

Having an Attitude of Gratitude 1 of 2

<http://www.youtube.com/watch?v=375qXCyh8Po>

Having an Attitude of Gratitude 2 of 2

<http://www.youtube.com/watch?v=O5XSLoTuKpk>

Journaling

Yesterday we thought about finding time for reflection. Today take some time to reflect on the last month. What have you learned about attitude of gratitude? What are you most thankful for?

Technique

Use one of the techniques from the water-based media list.

GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW.
MELODY BEATTIE

ENTER HIS GATES WITH THANKSGIVING AND HIS COURTS WITH PRAISE; GIVE THANKS TO HIM AND PRAISE HIS NAME.
PSALM 100:4