



Monthly Spiritual Practice

Gratitude

*“Thanksgiving is possible not because everything goes perfectly but because God is present.”
(Adele Ahlberg Calhoun, Spiritual Disciplines Handbook: Practices That Transform Us)*

God’s presence is our core value at One Life City. We believe everything we need in life is found in His presence. For us to be present with God is to know, receive, and walk in His promises. However, if we are honest, being present with God is one of the areas we fail in quite often. It’s easy to become distracted by our busyness, circumstances, or emotions. The practice of gratitude helps us to be attentive to the truth that God is always with us and that His grace is sufficient. Gratitude moves us to receive what we have as a gift rather than as an entitlement. In the context of relationship, gratitude helps foster intimacy as we interact with the giver of the gift we have received.

We are practicing the spiritual discipline of gratitude this month. The challenge is to keep a gratitude journal for the next thirty days. Each day, identify something in your day that you are thankful for and then thank God for it. Write it out in the journal below or use your personal journal. Be sure to reflect on why you are grateful for the thing you identified. We encourage you to engage this practice and see how God moves in your heart!

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Day 8: _____

Day 9: _____

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” [Philippians 4:6]

Day 10: _____

Day 11: _____

Day 12: _____

Day 13: _____

Day 14: _____

Day 15: _____

"Give thanks to the Lord, for he is good; his love endures forever." [Psalm 107:1]

Day 16: _____

Day 17: _____

Day 18: _____

Day 19: _____

Day 20: _____

Day 21: _____

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” [1 Thessalonians 5:16-18]

Day 22: _____

Day 23: _____

Day 24: _____

Day 25: _____

Day 26: _____

Day 27: _____

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.” [Colossians 3:15-16]

Day 28: _____

Day 29: _____

Day 30: _____

*1 Give praise to the Lord, proclaim his name;
make known among the nations what he has done.*

*2 Sing to him, sing praise to him;
tell of all his wonderful acts.*

*3 Glory in his holy name;
let the hearts of those who seek the Lord rejoice.*

[Psalm 105:1-3]