

## COURAGE IN ACTION

### *Your Gratitude*

*“It is not how much we have but how much we enjoy that makes happiness.”*

– Charles Spurgeon

### *Your Thankful Journal*

Practicing gratitude actually changes your brain and helps you to know how much God LOVES you! When you write down the things you are thankful for, your mind gets in the habit of noticing blessings, and this allows you to see all of the amazing ways God is at work in your life and helps you to feel His JOY!

#### **Here are some tips to get started!**

Try writing down ten things each day before you go to bed. Be as specific as possible. List the big things and the small. Remember, gratitude doesn't have to be complicated; it just needs to be authentic.

**Date:** \_\_\_\_\_

**Today I am thankful for:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

*“...thank God no matter what happens.”*

– 1 Thessalonians 5:18 MSG

*“If there was ever a secret for unleashing God’s powerful peace in a situation,  
it’s developing a heart of true thanksgiving.”*

– Lysa Terkeurst