



TODAY'S WORD: Gratitude

AFFIRMATION: I am touched by the transforming power of grace when I live each day in the attitude of gratitude.

In a prayerful mindset I survey my many blessings: My life, my loved ones, my home, my community, and so much more. I let the depth of these blessings soothe my spirit. With joy in my heart, I say a prayer of gratitude for all of my many blessings: Thank You, God, for my many blessings: life, abundance, understanding, faith, and so many more. I face each day with confidence and serenity, because I know that in all things I am able to experience the promise of good.

My heart opens wide as I lovingly embrace all that life has to offer me. I value the people and situations in my life. I behold the blessings that living, learning and growing have brought to me: understanding, wisdom, compassion, clarity, love, joy, and yes, gratitude.

SACRED TEXT: *Let the word of truth dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs of thanks to God.*—Colossians 3:16

INSPIRATIONAL QUOTES

*“Start each day with a positive thought and a grateful heart.”* Roy T. Bennett

*“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”* Ralph Waldo Emerson

*“Acknowledging with gratitude the good that you already have in your life is the foundation for all abundance.”* Eckhart Tolle

*“Be full of thanks, thank-ful, for all that was, that is, and thereby bless with grace and gratitude, the good to come.”* Clive deLaporte