

[12]
[40]
[Vision]

A 40 Day Journey in Learning To
See Through the Eyes of Gratitude

[time for a vision check]

God designed us to constantly yearn for his presence - it's the central pursuit of all we do - yet sin tricks us into believing that wealth, relationships, and accolades can fill the void. That breeds complaint, cynicism, and blindness in our faith because nothing but the presence of God can truly satisfy that innate need. In other words, *complaint breeds blindness to God's blessings, while gratitude corrects our vision.*

Thus the 12-40 challenge. I created it thirteen years ago while struggling through a period of deep depression and discontentment. I read a blog on contentment that suggested listing 25 blessings in your life as a way to redirect your mind back to gratitude. It was such an encouraging exercise that I decided to do it for 40 days, *and that journey was a refreshing breath of hope.*

For the first time in a long time I was able to see all the blessings the Lord had given me and realize his presence was *truly* all I needed. It built a deeper trust, intimacy, and joy in him that's continually grown as I've revisited the practice over the years.

It's not an easy challenge. You'll be asked to write 12 new things every day for 40 days over a variety of areas in your life. But I encourage you to immerse yourself fully into this effort - don't just go through the motions. Read the theme in the morning and reflect on it throughout your day, then write your list at night.

Each day is themed to maximize the reach of gratitude into our lives. And the new numbers are beautifully poetic, I think. Just as the 12 disciples learned to find their contentment in him, we become disciples of contentment through this journey. And just as Jesus' 40 day fast in the desert was crucial to him solidifying that God's presence is fully satisfying, so too will we journey for 40 days as we learn to redirect our minds from complaint to gratitude.

My hope is that this journey will change your life as it has mine - that despite a world constantly teaching you to yearn for more, you'll learn to rest in God's fully satisfying presence and develop a habit of seeing through the eyes of gratitude.

Happy journey,

George

We long to be a people of gratitude in a culture of complaint.

[day 1: family]

When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, 'Woman, behold, your son!' Then he said to the disciple, 'Behold, your mother!' And from that hour the disciple took her to his own home. (John 19:26-27 ESV)

Family is such a beautiful word for believers - it transcends blood and stretches into our spiritual family. That family is often one of our greatest and most formative blessings. They bring us joy, build us up, and help keep us on the path of Christ. Even those family members that aren't believers can be unknowingly used by the Lord to bring us closer to him.

Take time today to reflect on family. Consider those friends that have been formative in the development of your faith. Write their names and thank God for them as you do.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 2: friends]

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother. (Proverbs 18:24 ESV)

Our Christian friends are also our spiritual family in Christ, but it's important to recognize the value of the label "friend". Family, even Christian family, is an association by *default*, one we're born into. But we begin and maintain close friendships by *choice*. And when cultivated over time, those friends help guide us closer to the Lord and often become some of the closest relationships we have.

Take time today to reflect on those friends. Consider the friends, new or long-lasting, that have proven to be sources of accountability in your faith. Write down their names and thank God for placing them in your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 3: impactful people]

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ. (Ephesians 4:11 ESV)

The Lord often brings mentors and teachers into our lives outside of our family and friends. Whether we have a relationship with them or only see them from afar (i.e. an author or teacher), they develop our strengths, help us realize our faults, and help carry us closer to Christ.

Take time today to reflect on those impactful people in your life. Write them down and thank God for them.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 4: your church]

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. (Colossians 3:16 ESV)

The body of Christ is crucial to our growth. They give us a living example to the life of faith, are a source of honest accountability, and act as a centerpoint from which we come together to worship and serve the King. Without them we roam this journey alone.

Take time to reflect on your church body. Write down ways in which they've helped you grow stronger in your faith and thank God for them.

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

[day 5: how they've shaped you]

As iron sharpens iron, so one person sharpens another.
(Proverbs 27:17 NLT)

It's easy to walk through our busy lives and forget to reflect on how our life has been made better by the people the Lord's placed in our lives. Doing so encourages us to embrace the relationships in our lives and seek out opportunities to mentor others.

Take time today to reflect on ways those friends, family, church, and impactful people have shaped who we've become in Christ. Write them down and thank God for each one.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 6: prayers he's answered]

Devote yourselves to prayer, being watchful and thankful.
(Colossians 4:2 NIV)

Answered prayers deepen our trust and love for the Lord. Take some time to reflect on your life. What prayers has he answered, recent or not, that have strengthened your faith?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 7: worship – tell God who he is to you]

You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.
(Psalm 32:7 NIV)

We know God is our salvation - that truth is the foundation of most of our sermons and talks of faith, but he's so much more to us. From father to provider to comforter and everything in between, he's everything we need. Stopping to recognize all he is in our lives brings unmatched peace.

Reflect on God's overwhelming sufficiency in your life. Write who he is for you and thank him for providing for every part of your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 8: let the spirit lead you]

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

(James 1:17 ESV)

Clear your mind and reflect on God's presence at this moment. Let the Spirit guide you into gratitude and write down what you have to be grateful for. No theme, no agenda, just the Spirit and you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 9: the necessities]

And my God will supply every need of yours according to his riches in glory in Christ Jesus. (Philippians 4:19 ESV)

Like a father to his children, we look to God to provide our needs. While many in the world struggle to find food, water, and shelter, life's basic needs are so readily available to us that it's easy to overlook them - but in a culture where excess has been reassigned as necessity, their ready availability should be celebrated.

Take time and reflect on God's provision. Write down and thank God for specific ways your Father has met your basic needs.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 10: daily blessings & luxuries]

Fear the LORD, you his holy people, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing. (Psalms 34:9-10 NIV)

God often provides blessings beyond our basic needs. A warm bed isn't a necessity, but it certainly is a welcome blessing that provides a better sleep. Those blessings enhance our life and remind us that God's love does more than just satisfy the requirements of salvation, his love overflows in our lives.

Take time and reflect on God's overabundant provision. Write down and thank him for specific blessings he's given that enhance your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 11: his provision in desperate moments]

The Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord...that day the Lord saved Israel from the hands of the Egyptians. (Exodus 14:10, 29 NIV)

We all have times when all hope seems lost. Whether we lose our job when the bills are already late, cancer spreads too far, mental illness holds us hostage, or the like, we all have moments when God has provided exactly what we needed just when we thought we were done. He allows us to walk near the edge of destruction to teach us about his sovereignty and drive us to cling deeper in intimacy with him. He is always on time and fully sufficient.

Take time and reflect on how God has provided for you when all hope seemed lost. Thank him for always being a God who sees us and provides at just the right time.

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

We long to be a people of gratitude in a culture of complaint.

[day 12: health]

Heal me, O Lord, and I will be healed;
Save me and I will be saved,
For You are my praise.
(Jeremiah 17:14 NASB)

Our physical and emotional health can be a great way to help us see the Lord's sovereignty in our lives. In good health we see God's provision and grace. In the bad we're given the opportunity to cling to him for healing. Either way, when we're aware of the connection between our health and relationship with the Lord, we're able to grow in intimacy with him.

Take time and reflect on God's provision in your health. Write down some ways he's blessed you, through good and bad times, to help sustain and grow you, and thank him for all he's done.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 13: work]

May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands. (Psalms 90:17 NIV)

Work has been a central theme and command for humanity since Adam, and for good purpose. Work humbles us - without God providing work, we'd starve. And without God sending us through times of great success *and* periods of failures and frustration, we'd miss out on opportunities to grow in intimacy with him. Work also reflects to us the call to serve the Kingdom. When we choose to approach our career work wanting to do our best to honor the name of Christ, we are a light of the gospel to our coworkers.

Take time and reflect on God's provision in work. Write down ways in which he's provided for your work needs, grown you closer to him through work success and struggles, and used you to reflect the gospel to others.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 14: your talents]

As each has received a gift, use it to serve one another, as good stewards of God's varied grace. (1 Peter 4:10 ESV)

God gives us talents so we can create and cultivate - our way of bringing glory to God and serving his kingdom. To some he gives artistic talents, some administrative, still others have talents in writing or leading or cleaning, etc. Whether your talent is painting works of art, organizing a flow chart, writing a blog, cleaning, or anything in between, those talents are the way by which you've been created to serve him. No talent is too small or insignificant when used to serve the Kingdom.

Take time and reflect on the talents God's given you. Write them down and thank God for blessing you so uniquely for his kingdom work.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 15: prayers he's answered]

In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

(Psalm 18:6 ESV)

Answered prayers deepen our trust and love for the Lord. Take some time to reflect on your life. What prayers has he answered, recent or not, that have strengthened your faith?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 16: worship – tell God what he’s done for you]

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

(Ephesians 1:3 NIV)

Just as John said in his gospel, if we tried to write about all the Lord has done in our lives, the world would run out of room (21:25). His promise of salvation was just the beginning - he’s been transforming you ever since. It’s easy to overlook all he’s done.

Reflect on his transformative work in your life. What has the Lord done in your life that’s transformed your faith in him?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 17: let the spirit lead you]

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

(1 Thessalonians 5:16-18 ESV)

Clear your mind and reflect on God's presence at this moment. Let the Spirit guide you into gratitude and write down what you have to be grateful for. No theme, no agenda, just the Spirit and you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 18: blessings in our sufferings]

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4 NIV)

One of the hardest truths for us to admit is that suffering is actually one of our greatest blessings. While it scars and leaves us with memories that don't go away in this world, suffering affords us the unmatched opportunity to cling to the Father and grow deeper in our intimacy with him.

Take time to reflect on some of the most defining sufferings in your life. Write them down and thank God for the opportunity to draw closer to him.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 19: blessings come from our frustrations]

Yes, my soul, find rest in God;
my hope comes from him.
(Psalm 62:5 NIV)

When we see through the eyes of gratitude, we can find blessings where we wouldn't normally find them. Sometimes the typical frustrations in our lives can also be blessings. (i.e. those kids driving us crazy remind us of the great privilege we have in being parents.)

Take time and reflect on those hidden blessings in your life. Write them and thank God for his ability to place blessings exactly where we need them.

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

[day 20: things that bring you particular joy]

A joyful heart is good medicine.
(Proverbs 17:22a ESV)

God designed us to enjoy his creation. Whether it's laughing with those closest to us, enjoying our favorite meal, or whatever brings us great joy, those experiences have a way of reminding us of why we have ultimate joy in Jesus.

Take time and reflect upon what brings you the greatest joy. Write them down and thank God for using each of them to remind you of our eternal joy.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 21: things that give you hope in God]

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13 NIV)

It's the little things that matter sometimes. As we're walking through our day we often encounter small moments (someone gives a warm meal to a homeless person, the kids give you a big hug when you get home, etc) that fill us with hope. Those moments are given to us by God to remind us of our hope in him.

Take time to reflect on small moments that have given you big hope lately. Write them and thank God for giving you those moments.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 22: God's marvelous creation]

You alone are the Lord. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you.
(Nehemiah 9:6 NIV)

God uses his creation to reveal his sovereign love for us. When we reflect on that creation, the endless universe with trillions upon trillions of stars and planets, and the endless beauty and diversity here on our own planet, it leaves in awe of God's sovereignty. What's more, when we consider that he chooses to look through all of that wondrous creation and call us his masterpiece and prized possession (Eph 2:10, Ja 1:18), it draws us into a deep sense of awe at God's magnificent love for us.

Reflect on the marvels of God's creation. List some that remind you of God's sovereign love for us. And thank God for choosing to look through it all to see us.

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

We long to be a people of gratitude in a culture of complaint.

[day 23: emotions]

a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to love, and a time to hate;
(Ecclesiastes 3:4, 8a NIV)

When we're walking in intimacy with God, our emotions are great tools for helping us deepen that intimacy with him. When we're full of fear we cling to him. When we're full of joy we praise him. And every emotion in between has the opportunity to draw us deeper in intimacy.

Take time and reflect on how your emotions have drawn you closer to God. As you write them, thank him for creating you with such care and expertise.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 24: prayers he's answered]

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phillppians 4:6-7 NLT)

Answered prayers deepen our trust and love for the Lord. Take some time to reflect on your life. What prayers has he answered, recent or not, that have strengthened your faith?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 25: worship – tell God how he makes you feel]

Whom have I in heaven but you?

And there is nothing on earth that I desire besides you.

My flesh and my heart may fail,

but God is the strength of my heart and my portion forever.

(Psalm 73:25-26 ESV)

God is our bridegroom. And just as we write love notes to our significant others to let them know how they make us feel, we should also take time to sit in the Lord's presence to tell him how he makes us feel. Doing so deepens our love and trust in the Father.

Reflect on God's overwhelming sufficiency in your life. Write who he is for you and thank him for providing for every part of your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 26: let the spirit lead you]

He alone is your God, the only one who is worthy of your praise, the one who has done these mighty miracles that you have seen with your own eyes.

(Deuteronomy 10:21 NLT)

Clear your mind and reflect on God's presence at this moment. Let the Spirit guide you into gratitude and write down what you have to be grateful for. No theme, no agenda, just the Spirit and you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 27: what you're learning]

Make me to know your ways, O Lord;
teach me your paths.

Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.

(Psalm 25:4-5 ESV)

God's instruction is one of our greatest blessings. It's rarely comfortable but always refreshing because it draws us into deeper intimacy with him. Without it we have no hope of ever growing closer to him.

Take time and reflect on the things God's teaching you where you are in your life right now. Write them down and thank him that he loves you so dearly he chooses to guide you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 28: what you've learned the last few years]

Teach me your way, O Lord,
that I may walk in your truth;
unite my heart to fear your name.
I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name forever.
(Psalm 86:11-12 ESV)

Since God is continually at work in our lives, what we're learning now is built on what he's taught us in the past. Take time to reflect on what God's taught you in the last few years, then see how that growth has led you to be able to understand what he's teaching you now. Write them down and thank God that he's faithful to always grow us.

[If you're newer to the faith, take this opportunity to write more of what he's teaching you now, or simply list twelve wonderful things about his presence in your life.]

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 29: what you've learned since coming to faith]

O God, from my youth you have taught me,
and I still proclaim your wondrous deeds.
So even to old age and gray hairs,
O God, do not forsake me,
until I proclaim your might to another generation,
your power to all those to come.
(Psalm 71:17-18 ESV)

God's been faithful to teach us from the moment we were redeemed by Christ. We find countless lessons he's taught us along the way that have built upon each other year by year to lead us to where we are now. Take time to reflect on what God's taught you over the years. As you write them, thank God that he chooses to build a legacy of faithful teaching in our lives.

[Again, if you're new to the faith, take this opportunity to go even deeper into what God's teaching you now or truths about his presence in your life.]

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 30: let the spirit lead you]

Lord, you are my God;

I will exalt you and praise your name,

for in perfect faithfulness

you have done wonderful things,

things planned long ago.

(Isaiah 25:1 NIV)

Clear your mind and reflect on God's presence at this moment. Let the Spirit guide you into gratitude and write down what you have to be grateful for. No theme, no agenda, just the Spirit and you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 31: victories God's given you]

For the LORD your God is he who goes with you to fight for you against your enemies, to give you the victory.

(Deuteronomy 20:4 ESV)

Deeper intimacy doesn't always come from suffering. Often God uses victories in our lives to remind us that he's there guiding us and has given us the ultimate victory because of Jesus. When we humble ourselves and recognize God's providence in allowing us to accomplish those victories, we're able to remember his great undeserved gift of salvation.

Reflect over the victories he's given, and giving. As you write them, thank God for each opportunity to grow more aware of our need for his redemption.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 32: miracles he's done]

I am the Lord, the God of all mankind. Is anything too hard for me?
(Jeremiah 32:27 NIV)

Jesus performed miracles to show the world he wasn't just another prophet. He does the same in all of our lives. They're not always the miracles we see in the Bible, often they're less flashy (addictions healed, estranged family comes home, etc), yet they leave us in awe of God's sovereignty nonetheless.

Take time to reflect on the miracles God's done in your life. As you list them, thank God that shows his sovereignty when no one else can.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 33: how God's shown his love for you]

For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the Lord, who has compassion on you.

(Isaiah 54:10 ESV)

Our Father will and did anything just to show his great love for us. He gave us our greatest hope in Jesus, and now under salvation he continues to pour out his blessings on us day by day. His passionate love is in constant pursuit of more of our devotion.

Reflect on specific ways God has shown his love to you. As you write them, let his love and gratitude hug your soul in the warmest way.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 34: truths about his love & presence in your life]

You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
(Psalm 16:11 ESV)

God created us to need his love and presence. Without it we feel starved and we search for contentment anywhere we think we can find it, yet nothing satisfies like our Creator. There is no substitute for him. And when his love and presence surround us no suffering is too great, no calling too difficult. In those moments we begin to better understand who we are in him.

Reflect over those moments when God's love and presence have been most evident to you. Write some truths about what his presence means for your life in those moments. And thank him.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 35: truths from the word]

Your word is a lamp for my feet,
a light on my path.
(Psalm 119:105 NIV)

God's word is founded upon truth after truth. Among other truths, the word is alive and powerful (Heb 4:12), has been for all time (John 1-18), and guides us along the path of faith (Ps 119:105). It remains our centerpoint for understanding God's story.

Reflect on the Word and your journey of faith. Write down truths from the Word that have become sources of deepening faith for you. And thank God for his undeserved privilege in giving us a living testimony of his love for us.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 36: what salvation means for your life]

But I have trusted in your steadfast love;
my heart shall rejoice in your salvation.
(Psalm 13:5 ESV)

Salvation is the foundation of our faith and our lives, but it isn't just a thing that happened in a moment and made us Christians. That moment when we surrendered to Christ gave us the promise of salvation, but our salvation is constantly being developed in our lives (Phil 2:12).

Reflect on that truth. Consider what it means for God to be working out your salvation as you live your life? How has he and how is he working it out now? And what does that implication mean for your life?

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

[day 37: prayers he's answered]

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.

(1 John 5:14 ESV)

Answered prayers deepen our trust and love for the Lord. Take some time to reflect on your life. What prayers has he answered, recent or not, that have strengthened your faith?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 38: worship – declare what God will be for you]

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

(Philippians 1:6 ESV)

The most beautiful thing about our faith in Christ is that our hope extends beyond this broken world. No matter what we suffer or lose here, one day all will be made perfect, better than our wildest dreams can conjure. He is our greatest hope - a hope that is unmatched and all sufficient.

Remember who the Lord's been for your life and reflect on what he'll continue to be. As you write, thank him that our future is secure in him.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 39: let the spirit lead you]

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire. (Heb 12:28-29 ESV)

Clear your mind and reflect on God's presence at this moment. Let the Spirit guide you into gratitude and write down what you have to be grateful for. No theme, no agenda, just the Spirit and you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 40: let the spirit lead you]

All the nations you have made shall come
and worship before you, O Lord,
and shall glorify your name.

For you are great and do wondrous things;
you alone are God.

(Psalm 86:9-10 ESV)

Clear your mind and reflect on God's presence at this moment. Let the Spirit guide you into gratitude and write down what you have to be grateful for. No theme, no agenda, just the Spirit and you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

We long to be a people of gratitude in a culture of complaint.

[day 41 – the journey continues]

CONGRATULATIONS!

This journey was no small task. You chose to begin building a habit of seeing gratitude over complaint, and in doing so discovered 480 different blessings in more than thirty areas of your life and faith. That's amazing!

Now it's time to continue developing the habit beyond these pages. Your final assignment is simple, use what the tasks below along with what God's taught you on this journey to keep developing the habit.

1. Set a daily reminder on your phone to “choose gratitude today”
2. Begin a gratitude journal so you can keep the list going
3. Set a weekly reminder to add seven new items to your list every week
4. Set a reminder a year from now to come back and review all God's done to build the habit of gratitude
5. Call or write a note to twelve different people telling them how grateful you are to have them in your life.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.
(Ephesians 3:20-21)

We long to be a people of gratitude in a culture of complaint.