

## An Exercise in Gratitude

May 25

Adapted from "Count Your Daily Blessings" by Marelisa Fabrega

I'd like to begin our journey into gratitude today with a few verses from Psalm 40. These verses largely encompass the greatest need I had that Jesus met when I began to follow him more than 25 years ago. I hope they speak to your heart today. From Psalm 40:

I waited patiently for the Lord;  
He turned to me and heard my cry.  
He lifted me out of the slimy pit,  
Out of the mud and mire;  
He set my feet on a rock  
And gave me a firm place to stand.  
He put a new song in my mouth,  
A hymn of praise to our God.

After encountering Jesus all those years ago, my life changed. He met the deepest longing of my heart, and I feel my deepest gratitude today that He delivered me from that ache. He grew joy and purpose and community where before there had been loneliness and purposelessness.

As we begin, think of your deepest gratitude to God. As you look back on your life, what deep need has He met? Take a few moments to praise him for it now. PAUSE.

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Take the next few moments to reflect on the following questions. After each, spend a few moments meditating and then thanking God for what you experienced.

- What made you laugh out loud today? PAUSE.  
Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever.
- What was the most delicious thing you ate today? PAUSE.  
Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind.
- What skills did I use today? PAUSE.  
Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.
- What positive emotions did I experience today? PAUSE.  
Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

- Where did I see the love of the Lord in another person today? PAUSE.  
Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.
- Where did I learn something new today? PAUSE.  
Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.
- What is one small victory I experienced today? PAUSE.  
Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

Spend a few moments thinking on situations in your life currently where you are asking God to move. You or a loved one are facing something difficult, and you need God to show up. Present these needs to Him. PAUSE.

Now, take a few moments to praise and thank Him in advance for what He is going to do. Praise Him for His faithfulness, and for what He's going to do in these situations. PAUSE.

As we close our time, let's finish by meditation on Psalm 66. It is a song of celebration, celebrating the wonders of our God. May this be our prayer this week.

## Psalm 66

*For the director of music. A song. A psalm.*

<sup>1</sup> Shout for joy to God, all the earth!

<sup>2</sup> Sing the glory of his name;  
make his praise glorious.

<sup>3</sup> Say to God, "How awesome are your deeds!  
So great is your power  
that your enemies cringe before you.

<sup>4</sup> All the earth bows down to you;  
they sing praise to you,  
they sing the praises of your name."<sup>[a]</sup>

<sup>5</sup> Come and see what God has done,  
his awesome deeds for mankind!

<sup>6</sup> He turned the sea into dry land,  
they passed through the waters on foot—  
come, let us rejoice in him.

<sup>7</sup> He rules forever by his power,  
his eyes watch the nations—  
let not the rebellious rise up against him.

<sup>8</sup> Praise our God, all peoples,  
let the sound of his praise be heard;  
<sup>9</sup> he has preserved our lives  
and kept our feet from slipping.  
<sup>10</sup> For you, God, tested us;  
you refined us like silver.  
<sup>11</sup> You brought us into prison  
and laid burdens on our backs.  
<sup>12</sup> You let people ride over our heads;  
we went through fire and water,  
but you brought us to a place of abundance.  
<sup>13</sup> I will come to your temple with burnt offerings  
and fulfill my vows to you—  
<sup>14</sup> vows my lips promised and my mouth spoke  
when I was in trouble.  
<sup>15</sup> I will sacrifice fat animals to you  
and an offering of rams;  
I will offer bulls and goats.  
<sup>16</sup> Come and hear, all you who fear God;  
let me tell you what he has done for me.  
<sup>17</sup> I cried out to him with my mouth;  
his praise was on my tongue.  
<sup>18</sup> If I had cherished sin in my heart,  
the Lord would not have listened;  
<sup>19</sup> but God has surely listened  
and has heard my prayer.  
<sup>20</sup> Praise be to God,  
who has not rejected my prayer  
or withheld his love from me!