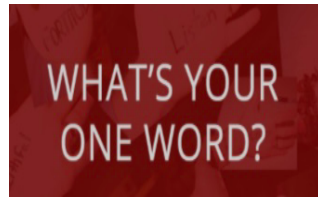


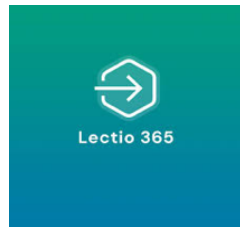
10 APPS



Kingsburg Community Church



5 BOOKS

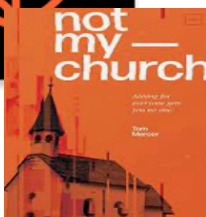
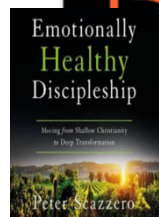
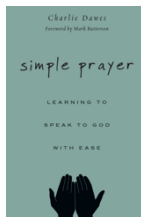
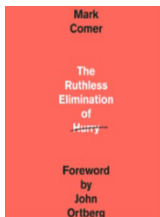
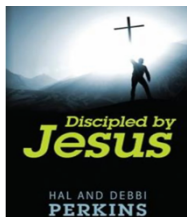


ONE DAY

YouVersion

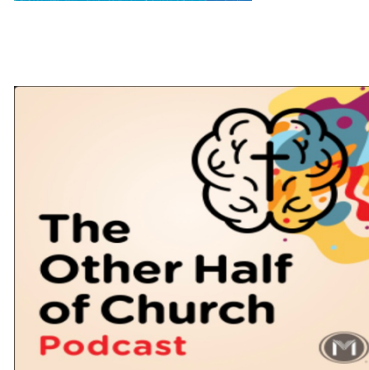


VERSES

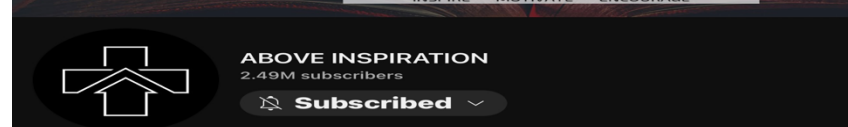
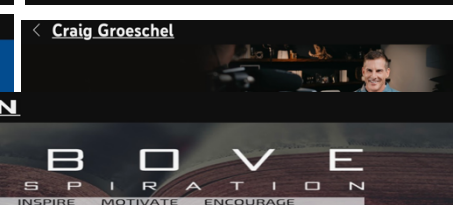
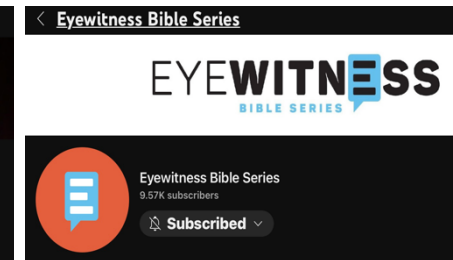
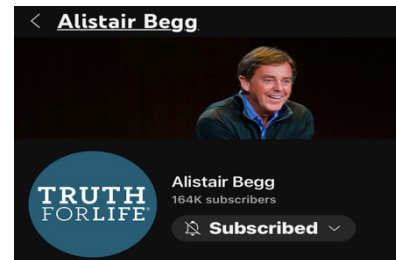


ADVENT - THE SEASON OF WAITING and waiting and waiting

5 PODCASTS



5 YouTube Subscriptions



## GRATITUDE

**1. What are three things you are grateful for today?** Right here, right now, what are the first few things that come to mind when you think of what you are grateful for in your life?

**2. Who are you grateful for today?** Consider your friendships, relationships, pets, or even someone you admire that you've never met. Who comes to mind? List them out and envision their faces as you make a list.

**3. What are three reasons you are glad to be alive today?** What makes you grateful to still be living and breathing right now?

**4. In what ways have you grown as a person over the last year?** Even in challenging times, we can still take time to reflect on the ways we've evolved and changed for the better.

**5. What is something you are grateful to have learned recently?** From new skills or hobbies to greater life lessons or self-insights, what's something new you didn't know?

**6. What are three qualities you appreciate about yourself?** When it comes to expressing gratitude, we may have a difficult time recognizing the qualities, characteristics, or strengths we're thankful to possess.

**7. What is something in your life that you feel "lucky" to have?** Gratitude often involves recognizing the people, things, or circumstances in our lives that seem to exist outside of anything we did to get them. What are those things for you?

**8. What is a simple delight you have been enjoying lately?** Our everyday lives offer a chance to savor the little things and the simple pleasures. What is a simple delight you enjoy even if you've never taken time to appreciate it?

**9. What do you like about where you live right now?** No matter where you live, identify something about the location, community, or home you're in that you like.

**10. How does expressing gratitude make you feel right now?** Reflecting on what you're grateful for will likely produce a distinct feeling or emotional response. What have you experienced by reflecting on what you're grateful for today?

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