



Days of Gratitude

Experiencing God's Spirit
Through Appreciation



Using Gratitude
To open your eyes to
Experience God
Who is in You
With You
Experiencing life through You

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For more information, please visit my Website: www.the100foldjourney.com



Days of Gratitude

1 Thessalonians 5:16-19 "Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live. Don't suppress the Spirit"

Detox

Paul's letter to the Thessalonians describes how our identity is "in Christ". When we truly understand the implications of gratitude, then it will transform our prayers, and how we live our lives and even the way we think. Be cheerful, no matter what, pray at all times and being thankful. This book is about how we get there. How we get to a place of thankfulness and gratitude regardless of circumstances. This then leads us to Experiencing God's Spirit in a completely new way.

This all starts with our thought life. Our thought life needs a "reboot", a change, a "Detox". However, what does detox mean? To purge. Release. Out with the old, in with the new. Cleanse. How about Webster's definition: "abstain from or rid the body of toxic or unhealthy substances." I am sure you are thinking of the physical aspects of Detox like on a diet. Detox diets usually mean you are ridding yourself of toxins from your body by way of diet or fluids. These are very effective in producing a healthy body. Purging your key organs of impurities and chemicals that are un-natural to the body. This is an attempt to get your body back to its original healthy design. Despite what you might think or feel, God's original intent for our bodies is full health, strength and vigor. What if there is an organ that we have ignored, but is just as important as our gut or digestive tract? This organ, on a scale, is more toxic than all other organs combined. This organ is the brain, our mind, our thoughts.

Mind Detox

If you do a Google search on a Body Detox you will get apx. 266 million hits and a list of products to sell you in dozens of forms: Liquids, tablets, powder and patches. All in view of detoxing your body. If you do a Google search on Mind Detox you will get apx. 85 million hits and one book you can buy on Amazon for \$13.58. Let's put this in perspective. Your mind controls all of your body functions including those that these Body Detox products claim to "cleanse". We should have as much - if not more - attention to detoxing our mind. But sadly, this is not the case. Mental health leads to stress disorders such as anxiety, depression, addiction and even suicide. Yet, this is like a stigma in our society, not one that is being addressed properly. This then leads to other harmful addictions such as drug and alcohol abuse. Not to mention what is being done in our homes with family stresses and divorce.

Where's the Church

Most churches have their rituals of Sunday Service, reading the bible and prayer which can mask the problem. In addition, if we are being honest, it can even make things worse. Worse because Christianity is proclaiming freedom from these toxins yet burdens their followers with rules and regulations they must follow. Instead of addressing many of the mental illnesses, they mask over them telling them to "repent" or

“do more”. The focus is on doing in order to become what they already are. Guilt and condemnation can be the result of all of this pressure to perform. This then leads to depression and a state of ill health because we can never measure up to the standards some churches demand from their members.

Sadly, the church has not addressed many of these mental health issues. We are supposed to have this new life and new way of thinking in God. Therefore, when we don't receive the freedom that is being proclaimed, self-condemnation and guilt can come in. This can create a further state of depression and additional toxins in our mind, which then affects our bodies and our lives. It can create a victim mentality: “it's not my fault but others – including the church.” We need a Detox!!

Good News

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” Romans 12:2

There is good news. You can renew your mind. You can Detox your mind. You can actually change your mind / brain structure. Yes, you heard right. You have the power with the choices and thoughts you make to change the actual structure of your brain.

“Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking. When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.”

Caroline Leaf book: “Switch on your Brain”.

You can change the actual protein molecules and DNA in your brain!! Because our mind / brain is a living organ with proteins and neural pathways, we can actually restructure our brain and “Detox” our mind and re-knew our mind. Amazingly, this is God's design.

He created your brain for Love not Fear. The toxins in your life, your body, your heart, your mind can all be traced back to wrong thinking, which can be called: “fear based living.”

But How?

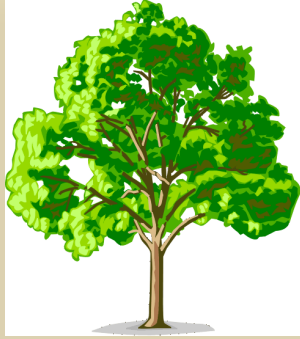
How do we remove those toxic thoughts and start to create new, healthy neural pathways?

GREAT question, I am glad you asked. This is the whole purpose of this booklet, to set you on the path of healing and restoring your mind and your thoughts.

The Healing Power of Gratitude & the Brain

You need to know that you have the power to change your mind. God has given us the power of choice. You can choose to stay in a state of toxic thinking, or to stay in a state of gratitude. God's Spirit is in you, giving you the motivation, guidance, and inspiration to change. We just need to listen and understand that with each thought you are actually creating new neural pathways.

Visualize two trees:



LOVE Zone



FEAR Zone

These two trees represent thoughts. The green is a healthy thought that produces a healthy brain that produces a healthy life. The unhealthy tree is a toxic thought that produces an unhealthy brain that produces an unhealthy life. We have a choice as to which thoughts come in and which tree we want to grow.

Love Zone or Fear Zone – It's a Choice

Energy flows where our attention goes. As we pay attention to the healthy thoughts, quite literally, the healthy tree (neural pathways) are built. This is what Caroline Leaf calls: "The LOVE Zone".

Conversely, as we pay attention to un-healthy thoughts, quite literally, the un-healthy tree (neural pathways) are built. This is what Caroline Leaf calls: "The FEAR Zone".

So, we have two zones in our brain – LOVE and FEAR. God designed us to live out of and from the Love Zone. As you are in tune with God's Spirit and in a state of appreciation and gratitude, you are living out of your original design and purpose, which is out of the LOVE zone.

The LOVE zone builds healthy neural pathways, which then build a healthy brain and life.

This builds our faith because we can see and hear the voice of God more clearly. The beauty about this truth is that we have the capacity to change!! Romans 12:2 (shown above)

We have the capacity to choose which thoughts!!

We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, 2 Corinthians 10:5

God's Spirit who is in us is the Gardener of our mind who prunes out the dead branches and burns them so that new healthy branches can be produced. Reference John 15:6

Choices

Do you know and trust that God wants what is best for you - always?

Yet, our choices can separate us from the best God wants for us. Choices like Adam, like the Prodigal Son, or even the branch that thinks it can bear fruit apart from the vine.

Notice I am not saying our choice separates us from God's love. God always has and always will love us. He has given us the freedom to choose. However, what I am talking about is this life. Here and now.

Experiencing the life God intended us to have; living as Heaven is on Earth – walking from an abundant life - walking and talking with our Father in the cool of the day, as God's original intent found in Genesis 3:8 and John 10:10.

We can have this life by choosing our thoughts every moment and setting the intention for the day to live from the Love Zone

How does that occur? By choosing to follow the pattern in 1 Thessalonians: Rejoice, Pray, Give Thanks. Living this scripture is a choice. It's a change in the way you think about your life. It is a discipline that you must follow daily to unlock God's best for you. Today, right now, I am asking you to make a choice.

A choice away from:

FEAR

Complaining

Blaming Others

Negative Self-Talk

Dwelling on the Past

Resistance to Change

Needing the Approval of Others

Doubting God's plan for your life

All of these things can lead to a downward spiral of despair, keeping you from living the full life you were meant to live.

A choice toward:

LOVE

Gratitude

Appreciation

Peace

Joy

Hope

Clarity

Health

Experiencing God's Spirit

These all are the purpose for which you were made. To live and breathe by way of God's Spirit, who is in you and is your true identity.

Prescription – Gratitude the Secret Ingredient

Today, right now, I am going to ask you to make a commitment for change. Turn deliberately away from toxic thinking and toxic beliefs and turn to thoughts of appreciation and gratitude.

This booklet will give you the tools and practical steps to gain victory over those toxic thoughts in your life. Making the choice to move away from toxic thinking and to move into a state of gratitude and appreciation. A cleanse which starts you on a path of gratitude and healing. This will not only affect your life, but those around you. Friends, family, work, school, money, health, life. Gratitude will also open you up to a fresh meaning and purpose in life, which is relationship with your Heavenly Father and His Spirit who lives in us.

Instructions

Studies by Caroline Leaf, in her book, "Switch on your Brain", found that it takes three cycles of 21 days to make course corrections in your mind totaling 63 (21 x 3) days. 21 days to develop a new habit. 21 days to strengthen your resolve to embed that habit. Then finally, 21 more days to make it part of your DNA. You can choose to repeat this book three times to get to the 63 days. Your choice.

Each day for the next 21 days there will be an exercise that ideally should be done every morning and evening. If this means you get up an extra 1/2 hour before you start your day, then do so. This should be done before the distractions of your day begin. Before eating. Before TV. Before Internet. Before your smart phone. In addition, it will be the last thing you do at night before you go to sleep.

Suggestion: Make a daily appointment with God for the next 21 days. Get up, take a shower, brew a cup of coffee or tea, find your quiet space, then start your exercises. Ignore the urge to do anything else. This is your time with you and your Heavenly Father. It's a choice. Invite Him to join you in your living room, in your meeting place. He will be waiting for you, wanting to share all He wants to give you for that day. Make it apart of your day – find the time and routine that works best for you then stick with it.

Each day can become a lifelong practice. After 21 days I would suggest that at a minimum the daily 10 (Practice #1) and the prayer reminder (Practice #2) you continue for the rest of your life as I have done. There may be others that you incorporate into your daily life. This is your journey, be deliberate about what you want to do and what you want your life to look like. The intent is to open your eyes to ALL the blessings around us that we so easily miss because we are so engrained in our past with all its difficulties. Detox yourself from that way of living. Detox your mind to a new way of thinking. Allow God to renew your mind through this process. Free yourself from all of that by taking your time and allow God's Sprit to speak to you about each of these practices. God is the great healer. He wants to heal you. He knows how to heal you. Allow Him to heal you and make that choice now and every day forward.

The point is this will take time. You cannot make a half effort and then you have it down. It will take dedication and hard work. It will take a minimum of 21 days and for permanent results, 63 days.

No one is going to do this for you. You have the power of choice right now. If you commit to the next 21 days, you will see changes in your thinking and in your attitude towards life and others.

The Fine Print

Please note - this is not a race to get to the finish line. If you miss a day, do not skip to the next day. These are designed to do one day at a time. Note, some of these practices might be very challenging. In fact, they may seem impossible. I am asking you not to move on from that day's practice. Instead, stay on that day for however long until you can release the pain and struggle and be truly thankful. Give yourself the time to heal and work through the pain. The pain has built up through many years and you need to allow the healing process to take place. Remember, you have been walking in the forest for a while; it will take you awhile to walk back out. Recovery is not meant to do alone. If you are stuck, reach out to an accountability partner or sponsor for guidance or encouragement.

Warning

Ask yourself:

Do I really want change, but just don't know how?

Do I want to live out of love or fear, but just don't know how?

Do I want to experience God's Sprit in a new way that I have never seen – nor thought I could before because my FEAR thoughts were holding me back, but just don't know how?

Can I let go of things I feel I should get answers for?

Can I let go of needing to understand "why" for everything I need explained?

Answer with: "I don't know how but I want to do this. I am tired of trying. I want to renew my mind. I am choosing to step out in faith and commit to doing this for the next 21 days (x3). I am choosing LOVE over FEAR into LOVE. I am choosing to listen to God's Sprit who is in me, with me and for me. He is telling you now:

"This is what you have been waiting for. My child, take this next step, I will be with you every step of the way!!"

Results

What kind of change or healing can you expect?

Chains of bitterness and toxic thinking falling off.

A peace that surpasses all understanding comes upon you.

Learning how to hold every thought captive.

Physically changing the structure of your brain and its neural pathways.

An ability to see God's Spirit more clearly than ever before.

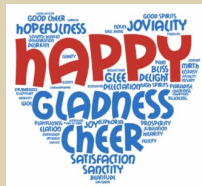
You will sense His guidance

Your mind will be clearer and your eyes will be open to see Him.

You will see life and God in a completely new way through appreciation, gratitude and thankfulness.

Enjoy life more, which brings joy, peace and purpose.

Here we go **Are you ready?** **21 Days of Gratitude**



THE 100FOLD JOURNEY

21

Days of
Gratitude



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DAY 1

COUNT YOUR BLESSINGS

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. You will start on this day, and every day for the next 21 days the following routine. On the pages provided at the end of this booklet or in a separate notebook or journal, first thing in the morning, write down 10 blessings in your life and what you are thankful for. It could be anything.

- Your clothes
- Your home
- Your new life in Christ
- Your family
- Your friends
- Your job
- The amazing cup of coffee for tea

Be deliberate and try to be genuine though sometimes we need to “fake it till you make it”. List things that you are thankful for. Write each of them down in the following manner:

God, thank you.....

Example: God, thank you for my beautiful home that I know came because of you.

Example: God, thank you for my clothes, because all my needs are constantly met, I always have had clothes to wear.

The idea is to “count your blessings”. Sometimes - most of the time - we take the little things for granted in our life. The ability to get up from a soft bed with pillows and blankets; to take a shower with warm running water and brush our teeth. So many blessings from God, yet taken for granted. That is what this has the power to change. Opening our eyes, being appreciative and thankful for ALL that God has blessed you with. You will be amazed at the change of this one habit will create in your attitude about life and reminding us just how blessed we are. At the end of these 21 days, you will have counted 210 blessings in your life. But then in order to build a permanent habit, you can choose to do this a total of three different times for a total of 63 days. This will mean you will have found 630 blessing to be thankful for. After 63 days, the goal is to build a permanent habit that will continue long after you are complete. Enjoy your journey!!

Gratitude Practice Number 1:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Go to the back of this book to find an example of what you are to do each and every day for the next 21 days. Get a notebook for yourself and start making your daily entries as shown on the last page of this book. Write why you are grateful for each blessing
2. Go back and re-read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- Pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
3. Repeat these steps of this gratitude practice every morning for the next 20 days
4. Read tomorrows practice today.

DAY 2

PRAYER REMINDER

Start this routine on day 2 and continue for the next 20 days, every night before you go to sleep. Today go around your house and look for an object that you can fit in your closed hand. This should be something that may have special meaning or significance. It could be as simple as a small smooth rock in your yard. The idea is this will become your “gentle reminder” at your bedside every night before you go to bed to be thankful. As you take the rock in your hand, close your hand and with eyes closed, think through your entire day. Think of all the things that you are thankful for. But then, as this object represents, find that 1 thing that you are most thankful for. Then, praise God and thank Him for all His blessings and in particular the one that had the most meaning. Share with God the reason why and thank Him for it. Then place the object, back at your bedside in a place that you can clearly see it so as to remind you to be thankful when you go to bed each night. You will do this every night for the next 20 days.

Gratitude Practice Number 2:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then-pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Find a Prayer Rock and put it by your bedside
3. Just before going to sleep tonight, hold your Prayer Reminder in your hand and think of the best thing that happened today. Say thank you to God for the best thing that happed today
4. Repeat this practice every night for the next 19 days.
5. Read tomorrows practice today.

DAY 3

RELATIONSHIPS

Life would not be as meaningful without the relationships in our lives. When was the last time you expressed your love or appreciation for those around you. Those that you truly care for. On the space provided below, write down 3 people who are closest to you. Your spouse, children, parents, close friends. Chose three and find a picture or picture them in your mind if you don't have a picture. If you do have a picture, hold in your hand or pull up on your phone or laptop. As you look at them, with all your heart, tell them how much you appreciate them. Thank God for bringing them into your life. Tell them why you are thankful for them. Pray for them, ask God to show you how to pray for them and love them. Then, with the space provided below, write down 5 things about that person that you are most thankful about for each person.

Example: God, thank you for John in my life as he makes me laugh

Example: God, thank you for Sue she always encourages me

Take these pictures with you throughout the day, and every time you think of them, repeat what you are thankful for about them. It may be different from what you wrote down. If you have opportunity, take their picture out again throughout the day and speak to them in the picture, thanking them for the amazing relationship you have with them.

Gratitude Practice Number 3:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Choose three of your closest relationships and collect a photograph of each person.
3. With the photo in front of you, write five things you are most grateful for about each person.
4. Begin each sentence with Thank You; include their name and what you are specifically grateful for.
5. Carry the three photographs with you today or put them in a place where you will see them often. Look at the photographs on at least three occasions, speak to the person's face in the photograph and thank them by saying Thank You and their name.
6. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 4

HEALTH BLESSINGS

When God designed us He intended for us to live a healthy, strong, vibrant life, – both mentally and physically. Anything outside of Gods original design must be dealt with. But how? What if God does not heal me? Being grateful for the health you do have will eliminate the stress, anxiety and tension in your body and mind. I can assure you, you cannot have a thought of thankfulness and appreciation at the same time as complaining or arguing. So, this exercise will focus on what you can be thankful for. Ideally, find someplace you can focus, for most it is in a quiet room. With your eyes closed. Starting from your head to your toes, thank God for the body He has so blessed you with. Thank Him for your mind, which allows you to think and reason.

Thank Him for your eyes, and the miracle of sight.

Thank Him for your ears, that you can hear the birds sing and hear beautiful music.

Thank Him for your nose, and the amazing smells.

Thank Him for your mouth that you can speak His praises. You can also taste amazing foods that God created for you to enjoy.

Thank Him for your arms and hands, for by them we are able to earn a living and help one another.

Thank Him for your heart, which beats on its own without us having to ask or worry.

Thank Him for your legs and feet that we can walk, jump, sit and get to wherever we want to go, just by walking.

God has made us beautifully. Psalm 139:14 I will give thanks to YOU, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well. Take time to thank your heavenly Father today for your healthy, strong body which was made in HIS image.

After this meditation and thanking God for your amazing body, take a 3x5 index card and write down the following: “God, you are my strength and my health today, thank you” Take this with you today.

Gratitude Practice Number 4:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me – then- pause – and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. On a piece of paper or card write the words: God, you are my strength and my health today, thank you
3. Place the piece of paper with your written words where you know you will see it often today.
4. On at least four occasions, read the words very slowly and feel as grateful as you can for the precious gift of health!!
5. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 5

MONEY BLESSINGS

No matter what your current financial situation you are in, the very thought that you don't have enough money is being ungrateful for the money you do have. You have to get your current situation out of your mind and instead feel grateful for the money you do have.

Take a few minutes to think back through your childhood before you had money of your own. Ask yourself these questions and meditate on these:

Did you always have food to eat?

Did you live in a home?

Did you receive an education over many years?

Did you have clothes as you grew so quickly from one size to the next?

Did you watch television; make phone calls, use lights, electricity and water?

All of these things cost money and you received them all at no charge. Be grateful for every single instance and memory because when you can feel sincerely gratitude for the money you've received in the past you will value the money you have today. With that gratefulness from the past we will now look at today and the future. Find a dollar bill and on that bill write these words:

God, thank you for all the money I've been given throughout my life

Literally write those words on the dollar bill and keep that in your wallet or purse. At least three times today pull that out, look at the money and out loud thank God for the money that you have had and will have throughout your life. After today place this dollar bill in a place where you will continue to see it every day to remind you to be grateful for the money in your life.

Gratitude Practice Number 5:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Sit down and take a few minutes to think back through your childhood and all the things you received that were provided at no charge to you.
3. As you recall each memory where money was paid for you, say Thank You with all your heart for each instance.
4. Take a dollar bill or other small bill and write on a sticker that you place on the bill in big bold letters: Thank you for all the money I've been given through my life.
5. Take your Dollar bill with you today and as many times as you want or can, take it out and hold the dollar bill in your hands. Read your written words and be truly grateful for the abundance of God's blessings in your life.
6. After today, put your dollar bill somewhere you will see it every day to remind you to continue to be grateful for the abundance of money you have been blessed with.
7. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 6

A GRATEFUL HEART - ALL DAY

Today we are going to use our imagination. Today as you walk through your day, find as many things as possible to be thankful for. The sky's the limit.

Using your imagination act like you have an invisible manager whose job it is to keep a record of the thoughts and feelings you have about your job or anything you are doing throughout your day. Imagine that your manager will follow you wherever you go today poised with pen and notebook in hand. Every time you find something about your job to be grateful for your manager will make a note of it.

Your job is to find as many things as you can to be grateful for so at the end of the day your manager has a long list of everything you are grateful for. The longer the list is the more benefits you will gain.

Example: God, I am so grateful for _____

Example: God, thank you that _____

Gratitude Practice Number 6:

1. **Count Your Blessings:** First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. While at work today, imagine you have an invisible manager following you around taking notes every time you find something to be grateful for. Your job today is to look for as many things as you can to be grateful for.
3. Have your manager make a note each time you find something you're grateful for, by saying: I'm so grateful for _____ and feel as grateful as you can.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 7

FREEDOM FROM NEGATIVITY

If we are not grateful for everything in our lives we are unintentionally taking those things for granted. Taking things for granted is a major cause of negativity because when we take things for granted we are not giving thanks. It is almost like taking advantage of God and all His blessings – for where else does our provision and care come, but from God our heavenly Father. Are you grateful for your health when it's good? Or do you only notice your health when your body gets sick or hurts? Are you grateful for your job everyday or do you only value your job when you hear there will be cutbacks? Are you grateful for your pay or salary every single time you receive it or do you take your pay and salary for granted? Taking things for granted results in complaining which then leads to negative thoughts and negative words. It is important to note that it is impossible to be negative when you're grateful. It's impossible to criticize and blame when you're grateful. It's impossible to feel sad or have any negative feelings when you're grateful. And the best news is that if you have any negative situations in your life it won't take long for them to turn around. God has made us with the capacity to renew our mind. (Romans 12:2) This is a physical act in the brain in which you are choosing to create new neural pathways. In essence, you are choosing the Love Tree as described in the introduction. Over time, you will transform negativity with gratitude. Today we are going to take one problem or one situation in your life that you most want to resolve and look for up to five things to be grateful for. I know it can be challenging to begin this practice but just as countless others have done this this practice, so can you. Make a written list of five things on the space provided below.

Problem example - you lost your job

Example: I am so grateful to have more time for my family during this.

Example: I am grateful that there are jobs out there and more new jobs are appearing each day

Remember, you can tell your gratitude is working by the way that you feel. You should feel a lot better about your situation after practicing gratitude. The first evidence of this working is your feelings are lifted so when you do feel better about it you know the situation will improve and then solutions will appear. Amazingly, those solutions have been there all along. But, because of your negative state of being, you were blinded to them. You could not see them even though there were always there.

Gratitude Practice Number 7:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me – then- pause – and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Choose one problem or negative situation in your life you most want to resolve.
3. List up to TEN things that you are grateful for about that negative situation on your journal page
4. Just for today, see if you can get through one day without saying anything negative. If you notice yourself thinking or saying something negative – STOP – and say: “But I have to say that I am really grateful for _____
5. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 8

BLESSING FOOD-THE MAGIC INGREDIENT

Giving thanks. With the fast pace of life in the 21st century taking the time to give thanks for a meal has more often than not been left behind. But using the simple act of eating and drinking as an opportunity to be grateful will show your appreciation of God's blessings.

To feel even more gratitude for food take a moment and think about all the people who contributed to the food we eat. For you to eat fresh fruit and vegetables the growers had to plant and nurture the fruit and vegetables with continuous watering protecting them over many months until they were ready for harvesting. Then there were the pickers the packers and the distributors and the transportation people who drive enormous distances day and night all of them working together in perfect harmony to ensure that every fruit and vegetable is delivered fresh to you and available year-round. Food is a gift. It's a gift of God because there would be nothing for any of us to eat if God, our Heavenly Father, did not supply us with the soil nutrients and water to grow food.

One of the ways to experience extreme gratitude instantly with food and drinks is to really savor what you're eating and drinking. When you savor your food or drinks you're appreciating them or being grateful. As an experiment next time you're in the middle of eating food or drinking any liquid when you take a mouthful, concentrate on the taste of the food in your mouth or the flavor of the liquid before you swallow it. You'll find that when you focus on the food or drink in your mouth and savor the flavors they seem to explode.

The exercise for today is anytime during the day you eat or drink something, say the prayer of blessings over the food and drink. Ask God to bless it and replenish your body with all the nutrients. Before you eat or drink anything today whether you're about to eat a meal a piece of fruit or a snack or have a drink of anything, including water take a moment to look at what you're about to eat or drink and then in your mind or out loud say: Thank you Lord bless this.

Gratitude Practice Number 8:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Before you eat or drink anything today, take a moment to look at what you're about to eat or drink, and in your mind or out loud, say Thank You!! If you want you can place your hands over the food or drink as you are blessing it.
3. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.



DAY 9

RICH LIFE

Gratitude is riches and complaint is poverty. The more grateful you can be for the money you have even if you don't have very much the more riches you will receive. And the more you complain about money the poorer you will become. The Bible talks about "reaping" and "sowing". Think of our thankful thoughts as planting seeds for future harvests of things to be thankful for. To start, think about all the good you already have in your life today. Then let those "seeds" reap the harvest. Most people don't think they complain about money. But if you sense or feel there is any lack of money in your life you are complaining without realizing it. Complaining happens through people's thoughts as well as their words and most people aren't aware of many thoughts in their head. And the complaining, negativity, jealousy or worried thoughts or words about money are literally creating poverty. And of course the biggest complaints come when money has to be paid out.

Today's exercise you are going to be grateful for your bills. To have a rich life you must be grateful for everything to do with money and begrudging your bills is not being grateful. You must do the exact opposite which is to be grateful for the goods and services you received from those who billed you. It is such a simple thing to do but it will have a monumental effect on the money in your life. To be grateful for a bill think about how much you've benefited from the service or goods on the bill. If it's a payment for rent or mortgage be thankful that you have a home and you're living in it. If you're paying a bill for gas or electricity think about the heating and cooling you received the hot showers and

every appliance you were able to use because of the service. Today you are also going to take any and all unpaid bills you have and with a pen write across the face of the bill the following:

Thank you for the Money!!

OR

Paid in full - Thank You!!

You are going to write this on every single bill from this day forward. Just for today, you are going to go back and find 10 bills that you recently paid and write on every single one of them: "Thank you for the money!!" As you are doing this, say a prayer of thanks to God for all that you received because of it. Thank Him for the money you had in order to make a payment. Then from this day forward this should be a regular practice for you. On all of your bills write that statement on the face of all of your bills.

Gratitude Practice Number 9:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Take any current unpaid bills you have, use gratitude and write across each one: Thank You for the money. Feel grateful for having the money to pay the bill, whether you have it or not.
3. Take ten bills you've paid in the past, and write across the front of each one of them: Thank you - Paid. Feel truly grateful that you had the money to pay the bill.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.
5. Read tomorrows practice today for you will be starting your gratitude before you even get out of bed.

DAY 10

GOOD MORNING GOD - THANK YOU DAY

Each morning is full of opportunities to give thanks and this doesn't slow you down or take any extra time because you can do it naturally as you go about everything you do. There is an added bonus to filling your morning with gratitude because your early morning daily routines are the times when you can harm yourself the most by thinking negative thoughts without realizing you were doing it. There's no room for harmful negative thoughts when your mind is focused on looking for things to be grateful for. When you wake up to the new day - today - before you get out of bed - before you do a single thing - say the words thank you. Thank God for this new day. Thank God you're still alive and breathing. Thank your Heavenly Father for the bed you slept in and the soft pillow you slept on. As you step out of bed with each step you take say thank you for your bathroom. Thank you for the shower, the running water, the mirror, your clothes, your shoes and everything in your bathroom. As you get dressed think about how fortunate you are to have clothes to choose from to wear. Saying thank you with each step as you start your day in the kitchen whether it's eating breakfast or your cup of coffee Thank you God for blessing me. I am blessed As you start your day whether it's at home or heading to work find all things that you're thankful for. If there are any negative thoughts or words or any negative news that you hear, refuse to let any negativity come in. Your goal for the day (24 hrs) is to complete an entire day with zero negativity, nothing but thankfulness and appreciation. Remember fear worry and anxiousness is all negative. Hold every thought captive.

2 Corinthians 10:5b we are taking every thought captive to the obedience of Christ.

Make your words and your thoughts be an iron door and you hold the key and you only let thoughts and words of thankfulness and appreciation in and out. Remember you are in charge, you can choose what you let in and out.

Gratitude Practice Number 10:

1. When you wake up to the new day, before you do a single thing, say: Thank You
2. From the moment you open your eyes until you've finished getting ready, say: Thank You in your mind for everything you touch and use.
3. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 11

APPRECIATE THE PEOPLE WHO HAVE BLESSED YOU

Every one of us has received help support or guidance from other people at particular times in our life when we needed it most. Sometimes another person alters the course of our life through their encouragement guidance or just being there at the right time. And then life goes on and we tend to forget those times when one person touched us or changed our life. Today is the day that we will remember them. Go through your memories and find 3 extraordinary people who have made a difference in your life. Once you have your three people, work with one person at a time and talk out loud to each person as though they were present in the room. Tell him or her reasons why you're grateful for them and how they affected the course of your life. Make sure you do this practice with all three people in one session because it will take your feeling of gratitude to a far deeper level. It's very important that you say the reasons why you're grateful. And you can't say too much. The more you say and the more you feel, the more amazing the results will be. As you go throughout the rest of your day keep these three amazing people in your thoughts. You may even want to pray for them or pray with them or just call them up and tell them how much you appreciate them.

Gratitude Practice Number 11:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Find a quiet place alone sometime during today, and make a list of three people who made a difference in your life.
3. Work through the list one person at a time, and while talking out loud tell each person the reason why you're grateful for them and exactly how they affected the course of your life
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 12

JEREMIAH 29 - FOR I KNOW THE PLANS I HAVE FOR YOU

Today we are going to search for and discover the plans that God has for our lives.

Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

What are these plans that God has in store for us? How do we find what those plans are? This exercise will help us try to determine what those plans are for our lives. This starts with getting really clear about what you want in every area of your life. From different areas of your life such as money, health, home, relationships. Or you might want to choose the desires in an area of your life you really want to change. Then, you will take them to prayer and ask God to reveal what He wants for your life. With the spaces provided below, journal and create a separate list of your top 10 Desires. Write them in such a way as if you have already received them.

Thank you that I was able to retire at a young age.

Thank you that each of my kids know you and love you.

Thank you that my spouse and I will grow old together in a loving relationship.

For each of these desires offer a prayer for each one and ask God to give you wisdom and direction on how these match with what He wants for your life. Remembering that His desire for us is only good and to give us hope for our future. Next step, through each desire, ask yourself these questions in the voice of "as if" I have already received that desire:

What emotions did you feel when you "received" your desire?

Who was the first person you told when you "received" your desire and how did you tell them?

What is the first great thing you did when you "received" your desire? Include as much detail as you can in your mind. The idea here is to use your imagination. Let your mind visualize and create this imaginary desire being fulfilled. Use this time to pray through each aspect of this desire thanking God for each and every detail as He answers your prayers.

Throughout the day and for the rest of the days of these exercises keep these top 10 desires next to you and modify and change them as you feel God is laying it upon your heart. At the end of the 21 days the goal will be to have your top 10 desires firm and in alignment with what you sense God is wanting for you.

DAY 12

GRATITUDE PRACTICE NUMBER 12:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Sit down and in a quiet place write down and list your top ten desires. Write Thank you three times before each one, as though you've already received it. For example: Thank you, thank you, thank you for _____.
3. Using your imagination, answer the following questions in your mind, as though you've received each of your ten desires:
 - a. What emotions did you feel when you received your desire?
 - b. Who was the first person you told when you received your desire, and how did you tell them?
 - c. What is the first great thing you did when you received your desire? Include as much detail as you can.
4. Finally, reread the sentence listing your desire, and really emphasize the words; Thank You so that you feel them as much as you can.
5. If you like, create a Vision Board. Cut out pictures and attach them to your Vision Board and put it in a place you see often. Title the board with Thank Heavenly Father in bold letters across the top.
6. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 13

MIRACLES IN HEALTH

We should feel healthy, energized, and full of happiness most of the time, because that is how God designed us. The reality, however, is that a lot of people don't feel this way very often, if ever. Many people are dealing with illnesses, problems with the functioning of their body, or suffering from bouts of depression and other mental health problems, which are all states of less-than-full health. Gratitude is one of the fastest ways I know to begin experiencing the full state of health that God designed us for. Gratitude increases the natural flow of health to the mind and body and can assist the body in healing more quickly.

When there is some kind of sickness or condition in your body, it is understandable that you may have negative feelings about it, like worry, frustration or fear. But having negative feelings about sickness does not restore health. In fact, it has the opposite effect – it reduces health even more. To increase your health, you need to replace the negative feelings with gratitude. Many people also have critical thoughts and feelings of dissatisfaction about their physical appearance. Unfortunately those thoughts and feelings also reduce the flow of health. Today's practice, Miracles in Health, is designed to dramatically increase your health and happiness. And we are going to approach this in three ways:

Step 1: Health you've received (Past)

Think about the great health you have received throughout your childhood and into your adult life. Think about the times when you felt full of energy and were happy. Recollect three separate times when you felt on top of the world or strong or felt fantastic. Say the words Thank You for each of those moments from your past. Lift a prayer of thanksgiving to God for the health from your past.

Step 2: Health you're continuing to receive (present)

Think about the health you are continuing to receive today, and feel grateful for every organ, system and physical sense that is currently working well in your body. Say the words Thank You for each of your body organs or systems that are working well for you now. Lift a prayer of thanksgiving to God for the health you have now.

DAY 13

CONT.

Step 3: Health you want to receive (future)

Choose one thing you want to improve about your body for today's practice. Think about the ideal state of what you want to improve to. Now lift a prayer up to God and ask Him to make the change you are asking for. Spend one minute visualizing a scene of yourself with this ideal state of your body you want. And as you see your body in your mind the way you want it to be, being grateful for it as though you have received it. Lift a prayer of thanksgiving to God for the health you will have in the future. It is vital that whenever you have a negative thought or feeling about the current state of your body or health that you replace it immediately by visualizing yourself with the ideal state you want and by being truly grateful as though you have already received it.

Understanding that many have multiple health issues, I want to stress to you not to move to the next practice until you truly have all negative thoughts about your condition and can be grateful for your current health and body. As stated above, today you only select one health issue you are struggling with.

Stay on this for as long as it takes to feel and be in a state of gratitude. Then, after you feel satisfied that is complete, move to the next health issue you are struggling with. This may take days or weeks. The whole purpose of this exercise is to renew your mind regarding your health issues. These can be the most painful and difficult to overcome, but with diligence and with Holy Spirits help, you can overcome the negativity toward your health.

DAY 13

GRATITUDE PRACTICE NUMBER 13

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Recollect three separate times throughout your life when you felt on top of the world, and give sincere thanks for those times.
3. Think about five functions of your body that are well, and one by one give thanks for each one
4. Chose one thing about your body or health you want to improve, and spend one minute visualizing yourself with the ideal state of your body or health. Then give thanks for this ideal state.
5. Do not move from this practice until you can have a sense of gratitude toward your health and body issues. Stay on this practice for as long as it takes.
6. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

Health Received (past) - Thank You

5 Body Functions that are well (present) - Thank You

1 Body or Health you want to improve (future) - Thank You

DAY 14

HEART TREASURE

Matthew 6:21 For your heart will always pursue what you value as your treasure.

Today, we are going to focus on our heart and where our treasure is. There is no better way of doing this than focusing on what is truly important to you. Your heart is a powerful machine. It provides blood and nourishment to our entire body. Depending on what we are focusing on we can send “good blood” or “bad blood” into our system just by our thoughts and our feelings. Thoughts are toxic, just as wrong emotions are toxic. Emotions are just our body’s reactions to our thoughts. With this in view, today we are going to focus / meditate / think from our heart. Find a quiet place with no distractions preferably with no sound. With your eyes closed, imagine you are in the center of your body. Imagine you are just right outside your heart looking into it beating and its rhythm. Focus on your heart. Feel it beating. Thank God for your heart for beating without you even having to ask, it just supports you, lovingly, gently, softly. Think about the absolute splendor of God’s creation and how your heart is an expression of God’s love for you. With eyes still closed, let your thoughts and mind’s eye feel as much appreciation as you can for God’s love, forgiveness, mercy and grace. Each beat reminding you that your heart is a gift of life to you. He loves you so much; He was willing to send His one and only Son for you. Jesus is God’s expression of His love for you. Let those thoughts wash over you and in your still quiet voice say; “Thank you Heavenly Father for your amazing creation.” “Thank you God for loving me so much.” “Thank you Holy Spirit for being in me, loving me, strengthening me and all you are doing to change me.” “I want to feel what you feel.” “Love like you love.” “Treasure what you treasure.” The idea is to feel and sense God’s love for you through every beat of your heart. Allow that love to enter into your very being and allow Him to flood over you. Rest in that knowing. Rest in that love. Sit quietly and let it wash away all negativity and only joy and peace are with you now. You are His treasure. He paid it all for you.

Gratitude Practice Number 14:

1. **Count Your Blessings:** First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Preferably in the morning, when you can find a quiet, dimly lit room, meditate on God’s love for you. Let your thoughts and focus be centered around your heart. Thank Him for giving you His treasure which was Jesus for you.
3. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 15

ALL THINGS

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

This statement from God could be considered a law. The law that promises that all things work together for our good. God's perfect plan of bringing good into our lives despite the wrong choices we make. Laws govern our actions and our choices. What better way to allow God loves goodness guide our lives than through appreciation. Why would we want to thwart or slow down God's blessing of goodness in our life by thinking negative toxic thoughts and not being thankful for all the blessings in our life? Today, we are going to be grateful before you do something. In other words, be thankful in advance, before you start your day. You could be grateful for work, school, interview, or just catching up with a friend. Basically, be grateful for All Things. You could also be grateful after something happens, because of God promises that all things will work together for good. Example, someone might text you and say: "we need to talk". We often naturally think negative thoughts and jump to conclusion that something must be wrong. Why do we do this? It's because of the neural pathways that have grown and instantly turns to negativity. To counter those negative toxic thoughts be thankful ahead of time and anticipate a good outcome. Regardless, God's promise (law) is in effect that "all things work together for my good".

At the beginning of your day, choose three events that you know will occur today. Thank God ahead of time for whatever outcome you prefer. Using your imagination you could even write these events "as if" they already occurred and that the outcome was amazing. Sense in advance what emotion you might experience when your event comes to pass. Use your imagination. As your day passes, you need to remain in the state of appreciation, anticipating the good you wrote earlier in your journal. If an unexpected event happens, quickly stop, say thank you for your good outcome and then allow it to transpire.

Example, you miss your train or your bus. Stop and say thank you

Example, your phone rings and you are not sure who it is. Stop and say thank you then pick up the line.

Do this for at least three known events today. Remind yourself that regardless of the outcome, you will be thankful because all things work together for good - it's the law of God.

DAY 15

GRATITUDE PRACTICE NUMBER 15

1. **Count Your Blessings:** First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. In the morning, write down three events you know will happen today and anticipate a good outcome by writing down thank you before it occurs.
3. During the day, just before an event happens, pause and say Thank You. Thank God for the good outcome regardless of how it turns out.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

“All Things” – Events and Imagined Outcome:

DAY 16

GODS CREATION

Genesis 1:1 In the beginning God created the heavens and the earth.

*Isaiah 40:12 Who has measured the waters in
the hollow of His hand, And marked off the heavens by the span*

God is so amazing!! Think about our world. How it was designed to sustain life perfectly. Water. Air. Plants. Animals. Sun light. All perfectly balanced to support all life on our planet. Two-thirds of our planet is water. Water is evaporated which then transfers to clouds which then waters the land either by rain or by snow. Snow is perfectly designed to hold until the summer, heat melts it then we have fresh clean water during the dry seasons. Amazing!! Plants and trees grow from that water and from the sunlight which then releases oxygen into the air which then allows us to breathe. Not only humankind but also other animals which are then provided for us to eat for our nourishment. Amazing!! We are suspended in space that is perfectly positioned so we don't get bombarded with radiation. There is a curtain of protection around our planet which is designed to block out debris from space. It is like the hand of God wrapped around the planet. Amazing!!

Today, we are going to have a day of complete appreciation for God's creation. Through the entirety of this day, be in a constant state of appreciation for all of God's creation, and thank Him for as many parts of His creation you can find.

You are taking a shower - thank God for the water He supplied

You feel the warm sun on your face - thank God

You hear the bird singing - thank you for his wonderful creation

You see a beautiful flower - God you are amazing

The very air you breathe - Thank you for your breath of life

Think about it. God could have easily created with just the "basics" of life. Nothing extra, nothing special, just plain vanilla. But NO WAY, not our God. How many species of animals are there? Look at all the flowers and the beauty of each one, all unique. How about the majestic mountains or the beauty of seashore. God wants us to enjoy His creation and thank Him for every part of it.

DAY 16

GRATITUDE PRACTICE NUMBER 16

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. All day today, everything you encounter of God's creation you are going to thank God for each and every one.
3. Be in a constant state of appreciation for all that God has created around you and for your pleasure.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 17

ONE ANOTHER

John 13:34-35 "A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. "By this all men will know that you are My disciples, if you have love for one another."

Jesus, son of God yet humble. A servant. Loving, thoughtful, caring. He put others needs first. There were times He went without food because He was busy doing His Father's work. I find it amazing that when Jesus selected the twelve disciples that they were not all exactly alike or even friends for that matter. In fact, in some cases enemies. Matthew the Tax Collector partnered with Simon the Zealot. Judas Iscariot was a thief and they all knew it. Yet, Jesus chose to pull this band of men together so they could learn to get along with One Another. There may be difficult people in your life today. Are you praying for them? You may encounter others throughout your day that may cause you difficulty or hardship. The driver in front of you that is not going fast enough. The waitress that is slow to serve. Your co-worker who is such a nuisance. The person at church who you try to avoid. A family member that always interrupts. The homeless person on the street that is asking for money or food.

Today, we are going to take Jesus' command of love one another at His word. We are going to pray for those difficult people we encounter today. We are going to change our thoughts and judgments about others that we encounter. We need to choose to think differently about them. See them with love as Jesus saw everyone from the eyes of love. We have Holy Spirit in us. Energy flows where your attention goes. If you apply negative feelings or thoughts to that person you are NOT applying the Love Power that is in you. In fact, you are doing the opposite. God wants us to love one another, regardless. As you walk through your day today, everyone you encounter, pray over them. Meaning, deliberately look at them and pray for them in your mind and with your heart, send your love power to them. If you have the chance, you may even want to walk over to them and pray with them. Go up to that homeless person and tell them that God loves them and pray for them. That waitress, as they come to your table, ask if you could pray for them right there. This is what God is asking from His people, be the love light to others.

DAY 17

GRATITUDE PRACTICE NUMBER 17

1. **Count Your Blessings:** First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then-pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Today, as you encounter difficult peoples around you, pray for them allowing Holy Spirit to lead you into what they might need. Be thankful for them and for God putting them on your path.
3. If opportunity comes, actually go to a person and pray with them. Share the love of God with them.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 18

LOVE DETECTIVE

John 16:13 "But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come."

Have you ever asked yourself how Holy Spirit guides you and leads you into truth? How do you know what God's will is for your life? You make hundreds of decisions each day, how do you know which ones are God's will for you or not? The good news is that God has not left us alone to make those decisions. We have His Holy Spirit (GOD) in us to guide and direct. He is not "out there" somewhere. He is "in you". Praise be to God. However, we still ask the question, how does Holy Spirit guide me in my day to day decisions. I will give you one answer:

Love is how we should be directed for all of our decisions. This means we are being led by love not by fear. Anything outside of love is fear. Fear leads us to negative thoughts which then leads to anger or bitterness or revenge. These emotions and thoughts strangle out the voice of Holy Spirit so we don't see or hear Him.

Today, you are going to be a "Love Detective". You are going to witness how Holy Spirit is leading you and directing your life from the position of Love. If you are not used to making decisions this way, you have to be very deliberate about it. Meaning, you have to look for clues and signs of what would be the best "love" decision. We can call this Gods breadcrumb trail. Guiding us and directing us every step of the way. Therefore, putting on a detective hat is the way to think about it. You must be a deliberate thinker and a deliberate doer. You can't just let life happen and react in the same old way. Deliberate means you pause, take every thought captive, and then respond out of love. Early in your morning write down at least three decisions you know you will be making today. It could be about work, family, friends or a life decision. Answer how you are to going to make that decision by asking; "what would be the loving way to respond". What you will find is love leads you to right decisions and will lead to peace and joy. You will also find that your thoughts become more thankful and appreciative because you see how Holy Spirit is leading you. You are now deliberately thinking and listening to Holy Spirit and uncovering the clues as to where he is leading and what He is doing for you to follow.

DAY 18

GRATITUDE PRACTICE NUMBER 18

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Today, you are to be a Love Detective. You are going to be deliberate about how you respond to the decisions you need to make today. Those decisions will be out of a position of love.
3. In the morning, write down 3 decisions you know you need to make today. It could be responses to a friend, family or work. Then answer the question: What would be the loving way to respond.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

Decision I need to make today?

What would be the loving way to respond?

Decision I need to make today?

What would be the loving way to respond?

Decision I need to make today?

What would be the loving way to respond?

DAY 19

NO MISTAKES - ONLY LESSONS

1Psalm 147:3 He heals the brokenhearted and binds up their wounds.

Every mistake is a blessing in disguise. Consider a child who is learning to ride a bike. They keep trying but keep crashing or falling over. We don't yell at them and give up on them. No, we understand they are trying and encourage them to learn from their mistakes, adjust, and then get back on the bike. We know eventually success will come after repeated attempts. We need to allow ourselves that same understanding, patience and endurance to learn - about life - and how difficult it can be to learn life lessons and to keep trying. To learn from any mistake, we need to own it. Take 100% responsibility for it. This is where some might become frustrated because they often blame others for their mistake. Let's use the example of someone who gets pulled over by the police for speeding. Instead of taking responsibility for getting pulled over they blame the officer because somehow they did not see them. But the mistake was theirs, because they were the one who was speeding and it was clearly their fault. The problem with blaming others for our mistakes is that we still suffer the pain and consequences. But, how do we learn from a mistake I have made? Gratitude! No matter how bad your decision may have been there are always many things to be grateful for. When you look for those things to be grateful for you transform that mistake into a blessing. Allow God to heal you from those mistakes. Allow Him to bind up your wound and turn it into something you can be grateful for.

Today, think about a past mistake you made. Chose one that when you think about it, it still hurts. Once you've chosen it, look for the things to be grateful for. Then ask two questions:

What did I learn from this mistake?

What good came out of this mistake?

Most important is to be grateful for every mistake and the things you have learned from them. Now, taking your "bad mistake" the one that still hurts and find ten blessings to be grateful for on the space provided on your daily journal page.

DAY 19

GRATITUDE PRACTICE NUMBER 19

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Today you are reviewing your past and find a mistake that you made that still impacts you to this day. One that still has feelings about
3. With the space provided write 10 things that you have either learned from or what good came out of that mistake.
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

DAY 20

HEALED RELATIONSHIPS

If you have a difficult or broken relationship or are suffering from a broken heart. Or, you are holding resentment or blame for another person for anything, you can change it through gratitude. When we are faced with a difficult relationship or a challenging situation in a relationship in almost all cases were not in the least bit grateful for the other person. Instead we're busy blaming the other person for the problems we have with them and that means we don't have a shred of gratitude. Blame is never going to make a relationship better and it's never going to make your life better. In fact the more you blame the worst of relationship gets and the worst your life gets. Whether it's a current relationship or a past relationship if you harbor bad feelings towards another person practicing gratitude will eliminate those feelings.

Today you are going to look for a hot coal that is burning your life which you are holding and literally turn it into gold through gratitude! Choose one difficult problematic or broken relationship that you want to improve. It doesn't matter whether the person is currently in your life or if it's a past relationship and the person is no longer in your life. Sit down and make a written list of 10 things you're grateful for about the person you've chosen. Think back through the history of the relationship and list the great things about the person or the great things you received from the relationship. The easiest way to do this is to think back to the way things were before the relationship deteriorated or ended. If the relationship was never good then think hard about any qualities in the person because if you look hard, they are there. This practice is not about who is right or wrong. No matter what you feel someone has done to you no matter what someone said or didn't do you can heal the relationship and you don't need to have the other person in order to heal it. With the space provided below write down 10 things that you are grateful for about this person.

Example: ____John____ I am grateful for ____your sense of humor____

By the time you finished your gratitude list of 10 things you should feel much better about the person and the relationship the ultimate point you want to reach is where you don't have any bad feelings towards the person anymore because it's your life that is harmed by those feelings. It is like holding a hot coal to throw it at that person but you are the one that ends up getting burned. Every relationship is different and if need be you may choose to repeat this practice over several days until you reach the point where you don't have any bad feelings towards the person anymore. Again stay on this practice until you feel you are ready to move on when you have a sense of forgiveness and gratitude toward this person.

DAY 20

GRATITUDE PRACTICE NUMBER 20

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Choose one difficult, problematic or broken relationship that you want to improve.
3. Sit down and make a written list of ten things you're grateful for about the person you've chosen. Write it down in the following way: Name - I'm grateful for What
4. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

Difficult Person:

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

DAY 21

ABC'S OF PRAISE

Today will be a simple way to express gratitude to our amazing God. Today, at least one time today, you are going to go through the alphabet starting with the letter A and find the first words that come to your mind to be thankful for words that start with that letter.

A - God thank you for the Apple I had for breakfast it tasted amazing

A - God thank you for the Amazing sunrise I got to see

B - God thank you for breakfast and the food you always provide

C - God thank you for my cat, he gives me such love

Etc; Etc; don't limit yourself to one or two words, but then don't get stuck either. Let them flow naturally easily without working at it. Working at it takes the fun out of it. Just enjoy the process. Go all the way to the letter Z. Then, later in the day, repeat the process and try to think of new words based on what you just experienced over the last several hours - or not, it is completely up to you. But, just go through A-Z of Praise.

Gratitude Practice Number 21

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.

2. Today will be a simple way to express gratitude to our amazing God. Today, 3-4 times today, you are going to go through the alphabet starting with the letter A and find the first words that come to your mind to be thankful for words that start with that letter.

3. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank



THE 100FOLD JOURNEY

21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 3

Write down 10 blessings in your life and
what you are thankful for





21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 6

Write down 10 blessings in your life and
what you are thankful for





THE 100FOLD JOURNEY

21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 7

Write down 10 blessings in your life and
what you are thankful for





THE 100FOLD JOURNEY

21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 8

Write down 10 blessings in your life and
what you are thankful for





THE 100FOLD JOURNEY

21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 10

Write down 10 blessings in your life and what you are thankful for





THE 100FOLD JOURNEY

21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 12

Write down 10 blessings in your life and
what you are thankful for





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21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 13

Write down 10 blessings in your life and
what you are thankful for





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21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 16

Write down 10 blessings in your life and what you are thankful for





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21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 17

Write down 10 blessings in your life and
what you are thankful for





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21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 18

Write down 10 blessings in your life and what you are thankful for





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21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 19

Write down 10 blessings in your life and
what you are thankful for





THE 100FOLD JOURNEY

21 DAYS OF GRATITUDE

JOURNAL EXERCISE # 21

Write down 10 blessings in your life and what you are thankful for

