

“Do not merely listen to the word, and so deceive yourselves. Do what it says.”
(James 1:22)

PRACTICE THIS WEEK:
Gratitude

We normally provide a full set of daily spiritual exercises to deepen some of the practices we engaged in together on Sunday morning.

This week however, we are going to focus in on one key practice – the practice of Gratitude that we both opened and closed the service with.

We invite you to engage this exercise each morning and again every evening all week, allowing it the opportunity to spark joy in your heart as you do.

(If you missed Sunday and have no idea what we’re talking about – [Click Here](#) to hear about it.)

Each Morning:

Start your day by pausing to think about and name
3 things you are grateful for.

Every Evening:

Pause to reflect back on the day, then find
and name 3 great things that happened, at any point.

***“How good it is to give thanks to the Eternal,
and to praise Your name with song, O Most High;
To speak of your unfailing love in the morning
and rehearse Your faithfulness as night begins to fall.”***

Psalm 92:1-2

* Consider setting an alarm on your phone to go off each morning and evening to remind you to engage in this practice!