

Spiritual Practice

The 5 Declarations of Gratitude

Gratitude is an essential posture for all spiritual growth. Why? Because gratitude is a recognition of grace. We are not alone in the universe. We did not create these things or provide them for ourselves. We are dependent on God and others for everything. It's impossible to become spiritually mature without also becoming a more grateful person.

*"Rejoice always; pray without ceasing;
in everything give thanks; for this is God's will
for you in Christ Jesus."
- 1st Thess 5:16-18*

1. Watch this teaching about the practice.

You can find this 20 minute video here:
<http://live210.com/gratitude-practice>

2. Print the reference card.

This PDF is formatted for a standard sheet of copy paper (8 1/2 x 11"). You can cut this instruction section off, or fold it behind. For best results, print in color. Keep a copy on your bedside stand. If you journal, keep one in your journal. Put it wherever you need a reminder to be grateful.

3. Incorporate the Practice in ways like this:

- **The First 5** - Set the tone of your day by reading and declaring this statement first thing in the morning.
- **The Last 5** - End your day and prepare for sleep by spending the last 5 minutes of your day reflecting on what you have to be grateful for in each of the 5 categories.
- **A Prayer Outline** - Use the 5 declarations as an outline for prayer. Pray gratitude to God for specific things that are in each category.
My Stuff / My time / My People / Myself / God
- **A Journal Outline** - Keep a gratitude journal. Periodically (Daily? Weekly? Monthly?) Use the 5 declarations as an outline listing specific things you are grateful for from each of the 5 categories.



The 5 Declarations of Gratitude

**What I have is enough.
For this I am grateful.**

**The time I have
is enough.
For this moment I am
grateful.**

**The people around me
are enough.
For them I am grateful.**

**Who I am is enough.
For me I am grateful.**

**Above everything,
God is enough.
For this I am grateful.**