THANKSGIVING Meditation Sheet

Instructions: Journal about all the wonderful things in your life. Blessings must be *savored* to be enjoyed. It's easy to always be worrying about our next big pursuit. This is a detailed thank-you note to God. Here are some ideas to journal about....

Thank God for Material Blessings: *Make a list of all the material or financial blessings you've received over the past several months.*

Thank God for Spiritual Breakthroughs: *What has God worked into your life? You may want to start with the basics: Thank Him for heaven & for the unique occupation you'll have in eternity... for a church... for close Christian friends...*" Thank God for the new insights he's given to you. Thank him for the promises he's given to you regarding your circumstances.

Thank God for your Job*: Meditate on <u>anything</u> praiseworthy about it. Or just think about the fact that the average person on the planet makes around $1.50 an hour...or roughly $400 / month! Over 1 billion live on less than 1 U.S. dollar per day.* Thank God for the opportunities you have been provided with.

Thank God for your Family /Friends: *Meditate on anything praiseworthy about them. Think about their redemptive characteristics. Again you may want to start with the basics: "Thank-you that I have a family, unlike the millions of AIDs orphans in Africa or India. Thank-you that my spouse & kids even come to church."*

Thank God for your Church. *Thank God for any "breakthroughs" or cool things that have occurred over this last year.*

If you do this with any depth, you should be able write an entire page on each one of these areas. Again, this isn't some superficial exercise; rather, this needs to be a transformational meditation.