

# "How is Your Doing?" Part 6: Gratitude

Daily Practices for Monday, 2/10 - Sunday, 2/16 (download at [montrosechurch.org/daily-practices](http://montrosechurch.org/daily-practices))

Use these daily practices (provided by Marriage and Family Therapists John & Sungshim Loppnow) to help you draw closer to God and experience His presence.

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## Monday, February 10 - Mindfulness

- 1. Be Still** Set your intention to pay attention to your capacity to notice good and beautiful things in life.
- 2. Know** Dr. John Gottman's research informs us that people who are "masters" in relationships hold a 20:1 (positive:negative) ratio in their interactions. Surprisingly, these same "masters" hold a 5:1 ratio during conflict. God calls us to become people who give thanks in all circumstances. To become a person of gratitude, we must notice the good and beautiful things in life **first**. Today, pause and examine how often, or how easily, you notice the good and beautiful things in life.
- 3. God is Good** If your answer is YES (I easily notice good and beautiful things), celebrate it and give thanks to God. If your answer is NO (I do not easily notice good and beautiful things), ask for God's help to notice good and beautiful things in life. If your answer is NOT SURE (I do not know), ask God to increase your capacity to notice good and beautiful things in life.

## Tuesday, February 11 - Prayer

- 1. Be Still** Set your intention to pay attention to your longing for a deeper connection with Him.
- 2. Know** Appreciating and admiring the goodness you notice in people is a way to worship God who created them with His beauty. Pause and notice one thing you appreciate about your spouse, children, parents, friends, or co-workers, and give thanks to God for that particular flavor or color of God's beauty in them.
- 3. God is Good** Reflect on how God might respond to your thanksgiving.

## Wednesday, February 12 - The Word

- 1. Be Still** Set your intention to notice how God speaks to you with His living Word.
- 2. Know** Read 1 Thessalonians 5:16-18 three times, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."  
After each reading, answer the following:
  - After 1st reading, what word or phrase stands out to you?
  - After 2nd reading, what emotion or longing arises in you?
  - After 3rd reading, what might God invite you to do?
- 3. God is Good** Pause and let your impression of God's invitation sink in.

## Thursday, February 13 - Journaling

- 1. Be Still** Set your intention to pay attention to how you desire to grow your capacity for gratitude.
- 2. Know** Psalms 100:4 (MSG) says, "Enter with the password: 'Thank you!' Make yourselves at home, talking praise. Thank him. Worship him." Being grateful is a gateway to God's presence and a safe way to hear the Shepherd's voice.
- 3. God is Good** Take a moment to notice what you are grateful to God for. Express your heart of gratitude to God in a conversational way.
  - Dear God, I am thankful...Take a moment to hear how God would respond to your gratitude to Him.
  - Dear child, I am glad...

## Friday, February 14 - Fasting

- 1. Be Still** Set your intention to pay attention to how gratitude creates sweetness to you and people around you.
- 2. Know** Would you fast from sweets or sugar for a day and feast on the sweetness you can bring to yourself as well as the people around you? Today, you can bring sweetness by smiling, noticing something good and beautiful about the people you live with or meet, about yourself, about God, and/or about nature. When you communicate your appreciation, you can add to the strength of the sweetness.
- 3. God is Good** Notice how your fasting from sweets and feasting on appreciation impacts your day!

## Saturday, February 15 - Service

- 1. Be Still** Set your intention to pay attention to how God is inviting you to serve someone by letting them know specifically why you are grateful that they are in your life.
- 2. Know** Reflect on the sermon from Sunday and John Kralik's story and his book [A Simple Act of Gratitude](#). How did John's example and model inspire you to put your gratitude into practice?
- 3. God is Good** God invites us to give thanks. Being grateful for one another is one of the ways we can reveal to God that we live a life of gratitude. Write down five people you can write a note of encouragement to. Send two of those people a text or email today. Write at least one person a handwritten note as an act of gratitude.

## Sunday, February 16 - Worship

- 1. Be Still** Bring your full attention to God who is present to you.
- 2. Know** The act of giving thanks is based upon the truth that there is a giver of gifts/goodness. James 1:7 describes the giver as our heavenly Father, "Every good and perfect gift comes from the above, coming from the Father of the heavenly lights." Romans 8:32 indicates that there would be no limit to His goodness, "He who did not spare His own Son but gave Him up for us all, how will He not also, along with Him, freely give us all things?"
- 3. God is Good** Take a moment to worship God by naming ten good and perfect gifts you have received from Him. Let us make our own Psalm by following Psalm 136:1, "Give thanks to the Lord, for he is good. His love endures forever."

Example #1: "Thank you God, for you have gifted me with John as my best friend and husband. Your love endures forever."

Example #2: "Thank you God, for you remembered me by giving me a child 13 years ago. Your love endures forever."