

I'm  
Grateful  
for ...

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## CHRONIC JOY® TOOLBOX

### DISCOVERING GRATITUDE

*Gratefulness is choosing to focus on God rather than our circumstances. Fixing our eyes on Jesus reminds us of His gracious, compassionate love and unending faithfulness.*

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|----------------------------|---------------------------|
| 1. 1 Thessalonians 5:18    | 11. James 1:2-4           |
| 2. Psalm 118:24            | 12. Matthew 11:28         |
| 3. Colossians 3:15         | 13. Philippians 4:6-7     |
| 4. Psalm 107:1             | 14. Numbers 6:24-26       |
| 5. Matthew 6:21            | 15. Corinthians 9:11      |
| 6. 2 Corinthians 2:4       | 16. Psalm 95:2            |
| 7. 1 Thessalonians 5:16-18 | 17. Samuel 2:6            |
| 8. Psalm 103:2-5           | 18. 2 Corinthians 4:15-16 |
| 9. Lamentations 3:23       | 19. Colossians 2:7        |
| 10. Philippians 4:12-13    | 20. Psalm 28:7            |

- Each day for the next 20 days, choose one passage above.
- Read it several times in several different translations.
- Sit quietly with God and ask Him what truths He is speaking to you heart about His love, what He longs to show you.
- Write those words in one of the blank flares on the opposite side of this page, color it, and add the date. On the difficult days, those words will remind you anew of God's abundant gifts just waiting to be discovered.

*"God does not waste an ounce of our pain or a drop of our tears; suffering doesn't come our way for no reason, and He seems efficient at using what we endure to mold character. If we are malleable, He takes our bumps and bruises and shapes them into something beautiful."*

Frank E. Peretti

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