

Discipleship in the Home



Gratitude

Psalm 107:1 says, "**Give thanks** to the LORD, for he is good; his love endures forever."

One of the best ways to practice gratitude is to stop, to pause, and to write down what we are thankful for in our lives.

For the next week or two, encourage your children to take some time in there day (maybe during breakfast or before bed), to write down in a journal some things they are grateful for.