

Be Grateful

The best way to begin each day is by being grateful. Thanking God for another day is a simple way to talk to him as we get out of bed each morning.

Being grateful is also the best way to begin our daily prayer—that's why the first step in the Prayer Process is about **GRATITUDE**.

By taking time to reflect on all the ways God has blessed us we become filled with gratitude and God fills us with joy. So anytime you are sad or feeling a little down, talk to God about everyone and everything you are grateful for.

It might help to make a gratitude list. Some people make a gratitude list and carry it around with them everywhere they go, in their pocket, wallet, or purse. Then if something bad happens or they are feeling a little down, they take out their gratitude list and pray through it.

Let's make our very own gratitude list together now.

