

Count Your Blessings

There is an ancient Jewish saying, "Count your blessings!" Jewish rabbis encourage their people to count their blessings each day and see if they can get to one hundred.

Counting our blessings leads us to gratitude. When we count our blessings, we become full of joy and gratitude. God loves a grateful heart. As children of God we should try to begin and end each day with gratitude.

God blesses us in lots of ways. When we count our blessings we are really saying THANK YOU to God for all the fabulous talents, things, people, experiences, and opportunities he gives us.

When someone asks, "How are you?" rather than just saying "good" or "fine," you can say, "I am blessed!" It helps us to remember this, and it reminds others that they are blessed, too.

What are some of the ways God has blessed you?



My Gratitude List

I am grateful for . . .

