**Seven Day Gratitude Challenge**

**Day 1: Three Blessings** – Name three, big blessings in your life and give thanks to God for them. Be as specific and detailed as possible in giving thanks. Don’t just name items. God likes to hear the details of our love and appreciation.

**Day 2: To Whom, For What** – identify a person in your life who God has used to bless you. Write him or her a letter, email, or text of appreciation. After doing this, give thanks to God for putting this person in your life.

**Day 3: The Gift of Life** – Life is a gift. The day of your birth was a birthday, a *celebration*. Pause for a moment to reflect on the wonderful truth that you are not an accident. From eternity, God had you in mind. Give thanks for the privilege of existing in His world and knowing Him.

**Day 4: The Gift of Finite Things** – write down some activities, events, experiences, and relationships that very well may be coming to an end. Rather than succumb to the dread of missing these things, give thanks for them. Let joy replace sorrow.

**Day 5: The Gift of Infinite Things** – write down a list of eternal blessings that cannot be taken from the children of God. Imagine these things. Get excited about these things. Give thanks for these things.

**Day 6: The Gift of God’s Protection** – think of various events in your life that could have happened, but did not happen. How is your life better because of God’s protective hand? Count these blessings and give thanks to God for His wisdom and fatherly care.

**Day 7: The Gift of Redemptive Love** – how have you seen God turn bad to good? Sometimes we make terrible choices that God redeems for good. Sometimes we suffer terrible pain that God nonetheless uses for growth and transformation. How have you seek God’s redemptive love at work in your life? Give thanks for such kindness.