



GRATITUDE JOURNAL

30-DAY JOURNEY TO FIND
CONTENTMENT IN OUR DAILY LIFE

NOT THAT I SPEAK FROM [ANY PERSONAL] NEED, FOR I HAVE LEARNED TO BE CONTENT
[AND SELF-SUFFICIENT THROUGH CHRIST, SATISFIED TO THE POINT WHERE I AM NOT DISTURBED
OR UNEASY] REGARDLESS OF MY CIRCUMSTANCES.

PHILIPPIANS 4:11 AMP

GRATITUDE FOSTERS CONTENTMENT

By giving thanks, we're reminded that we've been given everything we've needed. When we show gratitude we're living out the fact that God has provided everything we would ever need and that we lack nothing.

When we understand the attitude of gratitude, it enlarges our perspective to stay content in all things, and that by staying content in all things, we're unmoved by circumstances.

By taking the time to create habits of giving thanks each day, we can foster our perspective to see God as everything. This journal's purpose is to help us go deeper in knowing God as our source of every good thing, so that in our trials and circumstances, we're reminded of how good He is.

CONTENTMENT CHALLENGE

WHAT IS THE CHALLENGE?

The contentment challenge is a chance to help us refocus our attention off what we want and onto what God has already given us.

GIFTS ARE OKAY!

If someone gives you a new dress or piece of décor during that time, receive it graciously! If you need to buy someone else a gift, by all means, do so.

NECESSITIES ARE OKAY!

If you drop and break your phone, please go get a new one! If you lose your glasses, buy a new pair. Just don't start justifying new purchases for items that you already have.

// FAST

You can fast from buying new clothes, household items, accessories and general stuff.

// FOCUS

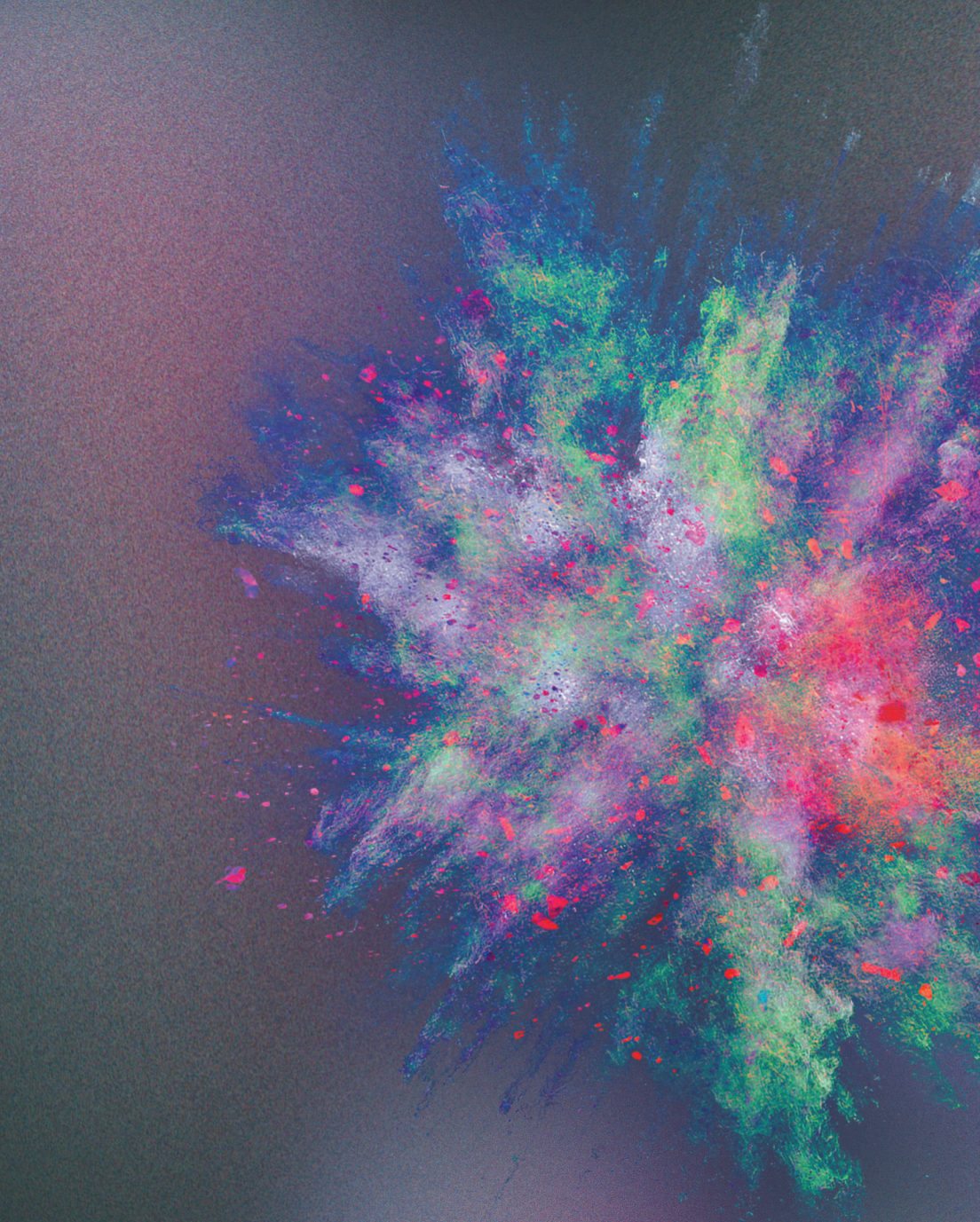
Focus on giving during this time: If you see a need, meet the need! Look for opportunities to give to others. You can also give through your time by volunteering in the Church and with your treasures by giving above your tithes and offerings.

// READ

Read the Bible during this time: Join us by reading the One Year Chronological Bible Plan on the You Version Bible App.

// PURSUE

Actively pursue something good that helps to replace your tendency to buy stuff as a source of comfort! These activities can be prayer, singing worship songs, reciting scriptures out loud, painting, gardening, taking a deep breath or thinking about God's nature and how great is His love.



church^{on}theROCK