

Gratitude/Thanksgiving

*For gratitude the book *Sleeping with Bread* (D.Linn) which is a childrens book explaining the spiritual practice of the Self Examine given to us by St. Ignatius

Ive added the last point.

Keep a log or prayer practice at night

List 3 Moments in the day you felt closest to God.

List 3 Moments you felt the furthest away from God.

List 3 things to be grateful for from your day.

*Philippians 4:4-9

**1,000 Gifts* by Anne VosKamp.

Books:

*Choosing Gratitude: Your Journey to Joy by Nancy Leigh DeMoss

*Gratitude Factor, The: Enhancing Your Life through Grateful Living by Charles Shelton, PhD

*For those who may be more interested in the science/research aspect (and not necessarily Christian), Robert Emmons (Editor of Journal of Popular Psychology) has several books based on scientific research pointing to the practice of gratitude:

Thanks!: How Practicing Gratitude Can Make You Happier

*Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity

*The Little Book of Gratitude: Create a life of happiness and wellbeing by giving thanks

*Play Store Apps:

*The Gratitude Journal--Daily applications (there are at least 6 to choose from)

*Awesome 7 minute video on the link from Expressing Gratitude to Happiness--fun and heart warming

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

*1. This one gives gratitude prompts - it's almost like the senses list that we have our clients make, but under each category you list 3 things you're grateful

for: <https://daringtolivefully.com/gratitude-prompts>

*2. I also saw this one which is more meditative. It's about taking a consuming negative or problematic thought/issue and recognizing aspects of gratitude within

it: http://www.livingwhole.net/uploads/1/3/0/7/13072851/the_5_minute_gratitude_exercise.pdf

*GLAD exercise (Grateful, Learned, Accomplish, Delight in) – go through each as a self-soothing exercise or regular practice

*Matthew Henry's quote about gratitude when being robbed

*Use name of client and each letter have as a positive attribute of them

*Self-image work – look at body parts as functional and being grateful

*Use ABC's and each letter a name/attribute of Christ