

LIVE *joy* SHARE *joy*

Special Guest

Sara Forsberg

A Prayer By Henri Nouwen

*Dear God,
I am full of wishes, full of desires, full of expectations.
Some of them may be realized, many, many not.
But in the midst of all my satisfactions and disappointments, I hope in you.
I know that you will never leave me alone and will fulfill your divine promises.
Even when it seems that things are not going my way, I know that they are going Your way and that in the end your way is the best way for me.
O Lord, strengthen my hope, especially when my many wishes are not fulfilled.
Let me never forget that your name is Love.
Amen.*

Exploring Gratitude

Begin each day acknowledging three things you are grateful for at the start of the day.

Write down five things for which you are grateful at the end of the day. Keep a gratitude journal. Journal daily. What types of things do you notice you want to write about and how is that impacting your life?

How does gratitude impact JOY? How does JOY impact gratitude?

JOY & GRATITUDE

Sara's 10 Suggestions for "To Do's"

1. Spend time with Jesus
Psalm 27:8
2. Let Him prioritize your day
Matthew 6:33
3. Pray instead of worrying
Philippians 4:6
4. Be honest about your sins
James 4:10
5. Think of others
Philippians 2:3-4
6. Wait patiently for God to act
Psalm 27:14
7. Be willing to do the hard stuff
Matthew 16:24
8. Read God's Word
Psalm 119:9-16
9. Do what it says
James 1:22
10. Let Christ lead you.
Matthew 11:29

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with Deb

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