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[Challenge: Make God Part Of Your day](#)

## Day 28

### WEEK THEME: LEARNING GRATITUDE

# Bless your heart

A grateful heart is a happy heart. You cannot think of something bad and something good at the same time. When you are giving thanks to the Lord, you redirect the focus from the negative to the positive. That physiologically releases hormones that make you happy!

A grateful soul can guard your heart against lies, jealousy and deception.

Maybe you don't feel blessed though, so it's hard to be grateful. What does that word we frequently throw around even mean?

The definition of a blessing has many layers, most of which I don't understand yet, but here are two layers of the cake:

1. A blessing is something that brings you closer to God.

Does this blow your mind like it does mine? For me, it completely changes what I view as a blessing. In these terms for my own life, the hurricane was a blessing. Infertility was a blessing. Waiting years in separate countries to be married was

a blessing. Financial hardships were a blessing. Difficult relationships and even losing loved ones were a blessing. Why? Because they all drew me near to God, dropped me to my knees in prayer, forced me to depend on Him when I wouldn't have otherwise. These are the places of tremendous spiritual growth and maturity.

2. A blessing is not meant to stop with you; it is meant to pour through you onto others.

This concept adds another layer to the definition. What have you been blessed with? It could be money, it could be spiritual wisdom, it could be a skill. How are you using that to bless others?

We can't hoard all our blessings and keep them for ourselves. God has chosen for us to live in community and often tends to work in our lives through each other. When you freely give what has been given to you, it will bring infinitely more happiness than keeping it all for yourself!

### MEDITATION VERSE

EVERY GOOD GIFT AND EVERY PERFECT GIFT IS FROM ABOVE, COMING DOWN FROM THE FATHER OF LIGHTS WITH WHOM THERE IS NO VARIATION OR SHADOW DUE TO CHANGE. — JAMES 1:17

## Today's challenge

**Make a list of things you have now that you prayed for? Thank God.**

Go ahead and fill up that Thoughts Journal in the back!

_____	_____	_____
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_____	_____	_____

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ur next story begins after Samuel, under God's direction, anointed David to be ... each morning as Goliath came to the center of the battlefield to challenge and .... You're invited to join me in a worship challenge venture for 5 days. ... Make a list of areas of your life where you need or desire to experience God more. ... if you need it) and use it during your daily prayer time as part of your worship to God.. 365 One Minute Christian Challenges: Grow Closer To God One Minute At A Time ... The premise is simple: can you take one minute each day and focus your ... to express our inner thoughts and make connections between ourselves and God. ... God in your daily routine, and see how it can become part of your everyday.. Experience the difference when you spend 1% of your day alone with God in an uninterrupted quiet time of prayer. Get Started. Make an appointment (yes, put it in .... A good way to start the day every day is to declare the Word of God and thank Him for it. ... turn on the television to the morning news, and make myself a cup of coffee. ... Will you join the challenge to start your day with Jesus?. My list above is my part of the one-year challenge. ... Are there some things you could begin to do every day that would make your part in the situation better?. Joyce Meyer encourages you to put God first, and by trusting in Him, your life will stay on track. ... And Deuteronomy 5:8-9 says, You must not make for yourself an idol of any kind, ... Another challenge we have to confront is living in a world full of humanism and ... One day at a time, you and God together can do anything!. Setting a regular time each day is the surest way to make your 15 minutes of prayer ... Praying and listening to God first thing in the morning is best for many people ... Put your alarm on the other side of the room so you don't waste 15 minutes .... Day 13 – Confession Is Good for The Soul. Our past has a funny way of coming back to haunt us, making us feel unworthy of God's love and grace. Your challenge .... The Awakening 30-day Challenge will stretch and expand your spiritual ... How do you think that one area has caused tunnel vision in your faith journey? ... He is the way God has made for us to come close and draw near and be changed.. What New Year's resolution does our Father want us to make? ... On Tuesday of Holy Week, Jesus was teaching in the Temple area, where His ... Define your challenges or questions for the day, and ask God to answer them .... A voice cries: "In the wilderness prepare the way of the Lord; make straight in the desert a highway for our God. Every valley shall be lifted up, and every .... The choices you make eventually determine the course of your day, year, and ... the Bible every day or just want to challenge yourself further, we're here to help! ... It says in 2 Timothy 3:16-17 (MSG), "Every part of Scripture is God-breathed ...

Remembering these four principles can make all the difference. ... Remember that God will never leave your side. ... Every day, every bad brush w my wife, every challenge at work, every good/bad thought I have, they are all .... Challenge: Make God part of your day. Are you making God a part of your plan today? You are in His plan, and thoughts.....This is what the Bible says: "Evening .... ... to get your Bible reading done." Pin God - Cravings "Pin God is our daily challenge to choose God before social ... Fifteen 30-Day Challenge Ideas That Will Change Your Life. 30 TagLife ... Reproductive health care is a part of general health care. There are ... See the difference that prayer can make in your marriage. =^.. For the past few years I have had a blast with a variety of yearly challenges that have ... Write a blog every day, all year long recounting and recording where you see God at work every day in the lives of ... Some will make you think I am crazy!. Faith is truly enough to overcome even the toughest challenge. ... Do your best to work with others to find a place together in God's will, so that ... Remember that the effort you must make to follow God's leading is always worth it. ... How to Make Resurrection Eggs a Special Part of Your Easter; 7 Tests to See .... 5 Day Devotional / NEW ROADS, NEW RIVERS ... In this passage from Isaiah 43, God's challenge to Israel and to us ... To embrace all that God has planned for your life, you must lay hold of His promise to make a way for ... Think about the part godly wisdom, or the lack of it, has played in your life so far.. Ready to make time in your day to show your thankfulness to the One who makes ... Day 1 - Thank God for Your Salvation through Jesus Christ. ... Ask for prayer to become a bigger part of your life, and that He would help you ...

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