

*Because gratitude changes everything.*

# GRATEFUL MOMENTS

*30 Days to a More Thankful You*



GINGER HARRINGTON

# The Gratitude Difference

Do you believe gratitude is a worthy goal? On the spiritual side, gratefulness is more than an attitude. It's can also become holy habit that draws us closer to God, strengthens faith, and brings freedom from worry. That's worth fighting for, isn't it?

In the busyness of overloaded schedules and the complexity of today's world, a thankful attitude can feel out of reach. It's not easy to maintain an attitude of gratitude. At least not for me. I need inspiration, reminders, and motivation to keep choosing gratitude when it's easier to worry, complain, or gripe. Here's where challenging ourselves to cultivate a grateful heart can make a big difference!

Building holy habits and making grateful moments doesn't just happen. It takes intention and practice. When is the last time you started your day in a good mood and all it took was one thing going wrong to plummet your good vibes to negative thinking?

It happened to me just yesterday.

I've been juggling tasks and traveling to speak at multiple events this fall. Some days I feel like I'm barely keeping my head above water. You know that feeling, right?

I love to be on the go, but sometimes I feel frazzled. Each time stress builds, I take a deep breath and say this prayer: "Lord, I rely on you in this moment. I'm trusting you to help me." What a simple prayer to empower us to choose holiness, bringing God's best in the moment. I talk about this kind of thing in my book, ***Holy in the Moment***.

But even so, I *still* caught myself muttering as I loaded the washing machine. Griping and complaining, I spiraled into a state of momentary overwhelm as I worried about all the work I needed to accomplish. I realized I was even feeling a twinge of resentment about some fun things coming up!

What?!

Time to slam on the breaks of a bad attitude that can be our default when life is stressful.

Don't we all need a little more practice when it comes to choosing gratitude rather than griping, thankfulness over worry, and appreciation instead of resentment?

Shoving the wet clothes into the dryer, I closed the door with a firm push. And I did the same thing with my thoughts. Making a firm decision to be grateful changed my perspective.

Recognizing when thoughts and attitudes need to change is one thing. Doing it is another. This is why a challenge is a great opportunity to build a better habit!

As soon I closed the door to my frazzle, something wonderful happened.

While I was preoccupied with my thoughts, I couldn't recognize what God was saying to my heart. My focus riveted on my to-do list and my emotions lectured me, accusing me that I wasn't doing any of it well.

Receive the life of Christ and be set free from the shackles of bad habits, negative attitudes, misperceptions, and sins that can drive us more deeply into a life centered on self rather than the vibrant life God has designed. Though every believer has freedom in Christ, we often live like prisoners, locked behind our old ways of navigating life.

Can consecrating the day be as simple as allowing Christ to transform our attitudes right in the midst of our daily activities and struggles?

*Make the most of every moment.*

It's this simple. Enjoying real life in Christ is experienced through choices we make moment by moment. Gratitude opens the door to so many blessings. We don't always get to pick our circumstance, but we have the freedom to live fully in Christ. We are free to be grateful for all that God has done.

Have you discovered that you can't complain, worry, and rejoice at the same time? Believe me, I've tried, but worry will chase joy away if I don't make the effort to choose gratitude.

How often have I started the day with good intentions only to revert to my flesh in split-second reaction of irritation, uncertainty, or displeasure? Can complaint create happiness? It's amazing how God can speak to our hearts even when we're doing something as mundane as laundry!

Choosing gratitude changed my attitude. What *seemed* inconvenient is *actually* a blessing. That interruption is actually God's provision for rest in a busy season. Lickety-split. . .my perspective changed. Friend, that one thing changed my entire day and probably a lot more. This is a simple example of why gratitude matters. Why it's worth fighting for.

*Gratitude is the gift of holy for your heart.*

The sacred habit of gratitude is one way the Holy Spirit works in our lives to teach us how to live God's way. Holiness on the inside, changes the way we live, making a practical difference in our days.

*Enjoy the life you are living—right now!*

This is part of the power of gratitude at work. Because we have the life of Christ in our hearts, we have amazing potential, but how often does our thinking disrupt the moment? Are you ready to discover the transforming power of holiness and gratitude?

Make the most of every moment. Begin by trusting God to bring the reality of who you are in Christ more fully into your experience, including your attitude and current level of thankfulness. Ask God to renew your thinking when it comes to having a grateful heart.

Circle your current attitude of gratitude and track how God transforms your heart as you work through this book.

1 2 3 4 5 6 7 8 9 10  
Low High

Are you in? As you use the Grateful Moments idea book to cultivate the holy habit of gratitude, pay attention to how God meets your effort with his power.

*Let's go grateful!*

# Reflect on 5 Verses to Be Grateful in the Moment

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## Enter with Thanks

Enter his gates with thanksgiving,  
and his courts with praise!  
Give thanks to him; bless his name! --Psalm 100:4

## Trust God in Everything

Rejoice always, pray without ceasing, give thanks in all circumstances;  
for this is the will of God in Christ Jesus for you. --I Thessalonians 5:16-18

## Pray with Gratitude

Continue steadfastly in prayer, being watchful in it with thanksgiving. --Colossians 4:2

## Receive Peace

Do not be anxious about anything, but in everything by prayer and supplication with  
thanksgiving let your requests be made known to God. And the peace of God, which  
surpasses all understanding, will guard your hearts and your minds in Christ Jesus.  
Philippians 4:6-7

## Enjoy God's Presence

Surely the righteous shall give thanks to your name;  
the upright shall dwell in your presence. --Psalm 140:13

# 20 Ways to Choose Gratitude

*Embrace these ideas to inspire your gratitude practice for a more thankful you.  
Choose a few to work on today!*

1. Choose humility rather than pride.
2. Express thankfulness with a blessing at meals.
3. Mentally prepare for challenging situations with prayer.
4. Start and end your day with grateful thoughts.
5. Stop complaining and choose gratitude instead.
6. Replace the phrase "I have to" with "I get to."
7. Write hand-written thank you notes when possible.
8. Trust God with imperfections and insecurities in yourself and others.
9. Smile and say "thank you" to others every day.
10. Don't jump to conclusions.
11. Assume good intentions.
12. Give others the grace you have received from a forgiving God.
13. Be kind by treating people the way you want to be treated.
14. Let go of expectations for life to be a certain way.
15. Look for what is right rather than dwell on what is wrong.
16. Count your blessings by keeping a gratitude list or journal.
17. Identify unrealistic expectations that trigger negative attitudes.
18. Be careful with comparisons.
19. Memorize a Bible verse that reminds you to choose gratitude.
20. Trust the Holy Spirit to help you build the holy habit of gratitude.

# Fun with Gratitude

*Challenge yourself to find something to be grateful for with each topic below. One for each day of the month, this variety of ideas will spark grateful thoughts to build a stronger habit of thankfulness in a fun way. When you're done, create your own list to inspire gratitude for the following month. Ready? Let's go!*

1. Seasons
2. Family
3. Home
4. Favorite food
5. Blessings
6. Friendship
7. Fun
8. Nature
9. Challenges
10. Cozy things
11. Encouragers
12. Travel
13. Technology
14. Music
15. Growth
16. Prayer
17. Gadgets
18. Work
19. Animal
20. God's Word
21. Memories
22. Great books
23. Favorite places
24. Teachers
25. Gifts
26. Experiences
27. Holidays
28. Laughter

# *Make Your Own Gratitude Challenge*

Use this space to create your own list of topics to practice gratitude each day for another month. Make time for grateful moments, which will become a grateful habit over time.

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|-----|-----|
| 1.  | 15. |
| 2.  | 16. |
| 3.  | 17. |
| 4.  | 18. |
| 5.  | 19. |
| 6.  | 20. |
| 7.  | 21. |
| 8.  | 22. |
| 9.  | 23. |
| 10. | 24. |
| 11. | 25. |
| 12. | 26. |
| 13. | 27. |
| 14. | 28. |

# Count Your Blessings

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Count your blessings, as you name them one by one. How many blessings can you list in one minute? Five minutes? Fill this page by naming your blessings with a grateful heart.



Circle your new level of gratitude after completing the Grateful Moments Workbook.

1 2 3 4 5 6 7 8 9 10

Low

High



Now that you've experienced the blessing of making grateful moments, are you ready to see what God will do in your life when you develop other holy habits?

***Holy in the Moment: Simple Ways to Love God and Enjoy Your Life*** will encourage you to make the practical and holy choice to rely on Christ in the moment. This book approaches holiness as a gift to receive rather than a standard to keep. Dispelling the idea that perfectionism is merely religious version of holiness, ***Holy in the Moment*** shares my personal journey in finding hope and healing for anxiety as well as biblical insights, and simple ideas to enjoy a deeper life and freedom in our identity in Christ.

Through biblical insights, personal story, and practical ideas, this book will help you:

- Overcome distractions, negative thinking, and shame
- Address problem emotions, live a praying life, and discover the importance of rest
- Choose biblical love and forgiveness
- Understand how work becomes holy
- Discover methods for practicing holiness in parenting and friendship

“Ginger speaks to the common places so many of us desire to find victory. I love that her book is full of scripture without being preachy, encouraging without being glossy, and personal without being self-focused. It's conversational without losing its depth.”

—Christina Wood