

**THROUGH
EVERY DAY**

A HEART OF PRAISE

I have so much to be grateful for. My life is filled with many blessings.

Sometimes I forget the good things that fill my days, and I am disappointed because there are things that I wish I had. If I spend too much time thinking about all the things I want, I start to forget all the good that fills my day.

The Bible says to give thanks in all things.¹ I can do this by counting my blessings and remembering all the happy times, the good things, and the love and happiness that fill my life. When I stop to remember all the good that fills my life, I see how much goodness Jesus has filled my life with.

I want my heart to be filled with praise and thanksgiving. I will do my best to tell Jesus and those in my life how grateful I am for my blessings. When I do this, my heart feels happier. I know I am richly blessed with love and joy.

¹ See 1 Thessalonians 5:18.

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