

# Worship and Wonder Practice: Deep Gratitude

*“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*

It’s easy to come up with a list of the most important things you are thankful for, but God has flooded our lives with so many overlooked gifts that we often treat as mundane. We invite you to take a few moments to use these practices to stretch your gaze and see God’s generosity in the overlooked places.

**Practice 1: Ridiculous Gratitude** - Write down a list of 10 things that you are thankful for, but have never heard of anyone giving thanks for. Feel free to be absurd, specific, and playful. Let your mind wander. Examples: Willis Carrier (inventor of air conditioner), the optic nerve, the letter “E.”

**Practice 2: Images of Gratitude** - Look through the pictures on your phone over this past year of life. Give thanks for the images you see. Ask the Spirit to draw your attention to his presence in those moments. Give thanks. Create a folder in your phone for pictures that represent God’s grace.

**Practice 3: Bank Statement Gratitude** - Look over your bank statement and thank God for all that he’s provided. Try to identify 10 things that you have never thanked God for.

**Practice 4: Calendar Gratitude** - Look over your Calendar and give thanks to God for the moments when God showed up over the past weeks.

**Practice 5: Colors of Gratitude** - Pick a color and then make a list of the many gifts God has given that are that color. Example: Red= Strawberries, stop signs, blood, the blood of Christ, mountains in Sedona.