



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8 NIV

This passage encourages us to think about positive and healthy things. This week you could take a few moments to appreciate the things that you have. They could be things in your house or garden or maybe when you're out for a walk you could look around you. Why not use your five senses and concentrate on one each day. What can you smell, hear, see, taste, touch? Thank God for each thing you think about.

Dear Father,

We have so much to be thankful for, help us to be grateful and appreciate the small things as well as the large.

I am especially thankful today for...

Help me to think about things that are good and worthy of praise and remember to thank you.

In Jesus' name,

Amen