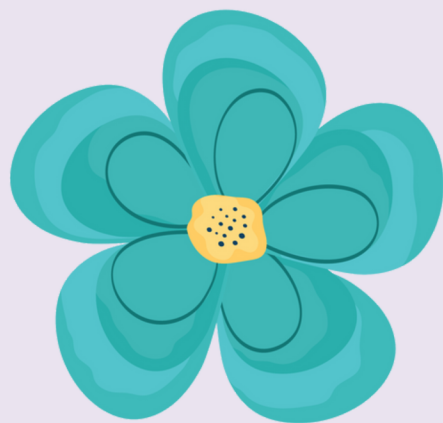


GRATITUDE
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GRATITUDE TO GOD

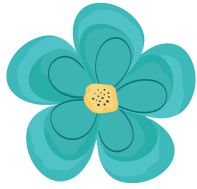
APPRECIATING THE BEAUTY OF THE ORDINARY

V.T. ONG



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WHAT IS THIS BOOK ABOUT?

This isn't an ebook; this is an action guide that can be implemented right away. You will find actionable steps and solid information that will empower you to transform emptiness into a life of fullness.

Actually, this isn't even a fast-action guide. THIS IS YOUR PATH TO MEANING AND PURPOSE. For a second, imagine the change you'd see in your daily experiences if you replaced your lack of fulfillment with meaning, purpose, and lasting joy. Do you know what a difference that would make?

This path is practicing gratitude directed toward God with high spirituality. There is evidence for the benefits of general gratitude, but there are additional **unique** benefits of gratitude directed toward God. These unique benefits are **resilience in hardship, meaning to life, and a sense of purpose.**

You may ask, "How does the act of thanking God lead to finding meaning and purpose?" This will be answered in later sections.

Being grateful to God is a powerful lifestyle that transforms your mindset, improves your health, and leads to discovering meaning and purpose in your life. If you add a gratitude journal to that, you have powerful tools in your hands. By making gratitude to God a daily habit—whether through journaling or reflection—you are training your brain to focus on God's goodness, and not your problems. Where you put your focus has tremendous significance. And as you focus on God's goodness, you start to deepen your relationship with Him as you begin to see His loving involvement in your life. The more you experience God, and not just have intellectual knowledge of Him, the more your faith increases. All of this will have a powerful impact on your life.

This transformative journey does not require you to have some type of extraordinary experience. The focus in this book is on appreciating the simple things in life as a path to discovering the power of gratitude directed toward God and the sacred beauty that is already in your life.



DAY 1: VEHICLES

GRATITUDE FOR THE FREEDOM TO EXPLORE LIFE

*"If I ascend to the heavens, you are there;
if I make my bed in the depths, you are there."*

— Psalm 139:8

REFLECTION

A car is much more than a machine—it is a vessel of freedom that grants us the ability to explore, connect, and experience the beauty of God's creation. Beyond its physical structure lies the unseen blessing of mobility: the opportunity to embark on journeys that broaden our horizons, nurture our spirit of adventure, and bring us closer to the diverse tapestry of life that surrounds us.

PRAYER OF GRATITUDE

Heavenly Father, thank You for the gift of travel and the freedom a car provides. As I journey from place to place, remind me that every mile is a chance to experience Your guidance and marvel at the wonders of Your creation. Amen.

JOURNALING QUESTIONS

Q How can you view your car as more than just a way to get from point A to point B, but as a gateway to freedom, adventure, and new experiences?

A

Q In what ways do you feel guided by God during your journeys?

A

Q How can you express gratitude for the opportunity to explore new places and experiences?

A



DAY 3: SNEAKERS

GRATITUDE FOR SIMPLE COMFORTS

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters."

- Psalm 23:1-2

REFLECTION

Sneakers are more than just footwear; they are a symbol of comfort and support that carries us through our daily journeys. In their comfort, we find a parallel to the spiritual journey, where even the simplest act of walking becomes a testament to divine provision. They are a reminder that every step we take is supported by God's loving care.

PRAYER OF GRATITUDE

Dear Lord, thank You for the gift of simple comforts. May every step I take remind me of Your constant presence and the loving guidance that carries me forward. Amen.