



Awaken Gratitude

A comprehensive 40 Day Journey to Awaken Gratitude in Your Life through Messages from God, Bible Study, Prayer, and Blessing.

How often do you hear that keeping a gratitude journal will transform your life?

How many times have you tried to keep a gratitude journal?

What happened?

For me, every time I tried it fell flat, became rote, empty and felt fake. It was not life giving at all...it was deadening.

Then God said to me “How can you, or anyone else, express gratitude for a life you do not like? How can you be genuine in expressing thanksgiving when you are angry about the life you are in? How can you be authentic and genuine until you first handle these underlying beliefs and expectations? You can’t force gratitude for the long term; you have to find freedom from the lies that hold it back!”

Then He started me on a forty-day journey to awaken gratitude in my life through Bible study, messages from Him, prayer, and His blessing.

Would you like to join me on this journey as He awakens greater joy, gratitude, and thanksgiving while washing away depression, anxiety, fear, or other lackluster aspects of life?

Together we will explore subjects such as thankfulness, life, stress, worry, sin, responsibility, self-esteem, pride and repentance and learn more about your perspective and God’s perspective. Each day I will ask God for a Bible verse, His thoughts on it, what questions He would like us to ponder, and then explore how He would suggest we pray and receive His blessing so that gratitude can come alive in our lives.

Are you ready to get started?



Day 1

Exploring: Life and our underlying feelings about it.

Genesis 2:7 NLT “Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living person.”

Imagine this moment. Knowing all that you know about life...imagine this moment. Imagine Me picking up handfuls of dirt and forming a man from it. Does it make you think of a clay image of a man? Does it make you think of a spring of water flowing from the ground, lifting up the dirt and causing it to form beneath my hands? Do you imagine Me simply imagining him and the dirt knows what to do and forms his features?

Imagine this man standing there in the dirt, having just been one with the dirt. It is a statue, and image, but there is no animation. There is no life. There is only dirt, formed into the shape of a man.

Now, imagine me leaning forward and breathing the breath of life into his nostrils. Do you wonder if my mouth touched his face? Did I get dirt on my mouth? Did I blow and the breath went into his nostrils from a few inches away?

Did life happen all at once? Did My breath reach his nostrils and all the sudden he was a live, animated man, or did his face come alive first and then the breath moved through his body?

Imagine the first step where he differentiated himself from the dirt he just came from. The dirt he was stepping on was the dirt from which he was formed. Imagine the sense of where his foot ended and the dirt began. What differentiated that single granule of dirt so that it became part of his toe rather than having stayed where it was to be dirt for the remainder of time on the earth.

What is your initial experience of this moment? Knowing what you know about the story of humankind, what is your experience of this moment? Are you glad it happened? Do you wish you could go back and change anything? If you were standing there next to Me, what would you say as I began to form the dirt into a man? Would you encourage Me, or would you discourage Me from creating this man?

Be honest with Me. What would you say at that moment?

If your sense is that you would encourage Me and be thrilled with Me bringing life into this man then please simply pray a blessing on all mankind from this moment on. Something like “In the name of Jesus Christ I bless all creation from the first breath until the last. I



bless creation with the joy of the Spirit of the LORD God almighty Himself. Now, be done for today and come back tomorrow for the next day of our journey.

If your sense is that you would discourage Me and tell Me the pain and suffering is too great and you would really like Me to think carefully before breathing breath into the man formed from dirt then I would like you to realize that it makes sense that being grateful might be hard for you. Let's work through it together to make it easier.

I speak life over you. I breathe the breath of life into you. I take away the pain, suffering and hardship you have encountered and place it on My Son's body so that you do not have to remember or experience it any longer. Place your pain onto My Son's body, all of it. Imagine taking a hand full of dirt that represents the pain, suffering, or a memory of you or anyone you know who has suffered. Now imagine placing it solidly on Jesus' body, covering Him in the dirt of suffering and pain you have experienced. Keep putting more and more dirt on Him. Anything you can possibly let go of, place it on Jesus. He has already died and suffered for it, so you do not need to be concerned about adding more pain to His experience. It is all taken care of. All the suffering in the world has been taken care of, borne by My Son's body, processed by His death and resurrection. You have nothing left to carry from your family of origin. You have nothing left to carry from the pain you have suffered or the pain that others in the world have suffered since the first sin in the Garden of Eden. Take a moment and give it all to Jesus. For joy He endured the cross (Hebrews 12:2) and He wants to take all the pain and suffering from you so you can walk away fresh, clean, and unscarred.

If you feel the need to hold anything back, please be honest with yourself and with Me. I will not force you to let go of anything that you still need or want to hold onto, but I am offering an opportunity to put it all onto Jesus' body now. Write down anything you still want to hold onto and keep it in a safe place so that we can revisit it together when you are ready.

When I created the world I knew what would happen. I knew about the suffering and the pain and I chose to create the world anyway. None of this came as a surprise to Me and I do not expect you to bear the consequences of My choice. You do not need to carry any of it, it all belongs to Me and it is all My responsibility, so leave it with Me. I do not want you to carry it any longer and I don't need you to carry it. Yes, I ask you to bear one another's burdens (Galatians 6:2) but I also tell you to lay down your life a living sacrifice to Me (Romans 12:1) so do this now. Lay down the burdens, lay down your life and all the pain and suffering and simply find rest for a moment knowing that Jesus will handle it all. It will all land on Jesus and He will take care of it.

Now, imagine yourself standing beneath a waterfall of warm water on a warm day and this water is the water of the river of life flowing from the throne room (Revelation 22:1). Even if



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

you are still holding onto a few things that you haven't chosen to let go of yet, stand under this water and feel the refreshment of it cleansing you from all the pain and suffering.

After you experience a sense of being clean and refreshed let Me pray this over you.

" _____ (your name), I bless you in the name of Jesus Christ with life. Not the life you have lived but the life I imagined in all perfection when I first created man. I bless you with a life worth living and one that satisfies your every need. I bless you with My perfect love, My perfect peace, My perfect approval, and My perfect joy. You do not ever need to express gratitude or thanksgiving to Me when it is not real. I bless you with the truth that life is good and you are My beloved child in whom I am well pleased simply because anything that is not pleasing to Me is handled by My Son Jesus so I can simply love you for who you are and not in spite of the sins you commit. I bless you with the truth that Jesus has set you free and you are welcome to experience the joy of life....everlasting. Try it on and see what you think. If you like it you can keep it. If you don't you can return it for something else! Just come to Me and we will figure it all out together."

If you would like to respond to God in some way please feel free but you are not obligated. You are welcome to simply accept His gift and try it on to see if it fits.

Prayer:

Lord, thank You!

Amen



Day 2

Exploring: Life and our underlying feelings about it.

Zephaniah 3:17 Literal Standard Version “Your God YHWH [is] in your midst, A mighty one [to] save, He rejoices over you with joy, He works in His love, He delights over you with singing.”

Take a moment to let these verses speak to you or wash over you through these additional versions:

Peshitta Holy Bible Translated

“LORD JEHOVAH your God within you, the Mighty Man and The Savior, he shall sweeten you in joy and he shall make you new in his love, and he shall make you dance with a song as that in the day of a feast!”

Contemporary English Version

“The LORD your God wins victory after victory and is always with you. He celebrates and sings because of you, and he will refresh your life with his love.”

Do you ever wish I would simply take care of something for you? You have explored, fought, dug into, or attempted healing for many years and nothing changes. The thoughts remain the same, the pain is still there, and you wish it would go away. It keeps rearing its head in every sense of not being enough or in every fight you have with your spouse...and you haven't been able to get beyond it.

Today is a great day to invite Me into each of those areas and simply allow Me to heal them. Rest in My arms (Matthew 11:28) and know that I will take care of you. Seek My refuge and My strength (Psalm 91:1) and allow Me to be a powerful source of love and light in your life that will heal things that simply have been unhealable by you or anyone you have sought help from.

I do the impossible (Jeremiah 32:27)...you don't have to.

Let's start with a simply prayer giving Me permission to do the healing work that I have for you today. If you are willing simply say:

“Lord, I give you permission to work at any level in my life...emotional, spiritual, and physical...or any level of which I am not yet aware.”

Now, take a moment and think about what I am saying in this verse.



About Me:

- I am in your midst – right now!
- I am mighty
- I am mighty to save you from anything getting in the way of living an abundant life (John 10:10).
- I am within you. Right now, I am within you. Feel Me there within you. (If you haven't invited Me in yet or you don't feel Me there this is a great time to simply say "Jesus, please forgive me of all my sins and past mistakes and come take up residence in Me. Fill me with Your love, Your life, and Your great and mighty power to save. I give everything else to You and receive You fully.")
- I win victory after victory, and I am always with you. Victory is always with you!
- I work from a place of love (not judgement or condemnation).

About you:

- I am mighty to save you!
- I rejoice over you
- I experience joy when I am with you and when I think of you
- I delight in you
- I sing over you
- I will sweeten you in joy
- I will make you new in My love
- I will cause you to dance as though you are celebrating at a great feast
- I celebrate because of you
- I sing because of you
- I will refresh your life with My love

Imagine the moment you were born. Imagine you are wrapped in a warm blanket, the birth is over and calmness is within the room. Imagine Jesus being there in the room. His Presence brings joy, love, and peace after a time that felt hard, chaotic, difficult, possibly even scary at times. He walks over to you, picks you up and looks into your face. Imagine that, at that moment, you open your eyes and simply see His face and the incredible amount of love He has for you. Close your eyes again and feel that look go into your entire body. Hear the song that He is singing over you in the room. Imagine Him dancing through the room with you in His arms, celebrating your birth. Then hear His voice as He says to you "I imagined you long ago and on this day I have the joy of meeting you, in person, for the very first time. Today you have gone from My imagination into My arms. You bring Me great joy simply because you exist. It is so good to meet you!"



During the pregnancy there may have been turmoil in your parent's life, they may have needed healing themselves, they may have been surprised by you, they may not even have wanted the pregnancy at first – all of these things may have happened and, at some level, you or your body may have picked up on these things but, the moment you were born...Jesus looked at you and said "It is very good" (Genesis 1:31) which washed away anything else that may have happened, because He is more mighty, powerful, and victorious than anyone or thing.

Take a moment to soak in this. It is not a healing you need to do for yourself; it is a healing that Jesus is providing for you, you simply get to receive it. Read over the statements about God and about yourself a few times and if you want to write down a few words that express how you feel by realizing, possibly for the first time, that you are truly a blessing to God, to this world, and to all those around you...whether you felt that or not at the time...allow yourself that moment.

If you find yourself telling Me that any of this is not true, that you are not worthy, or you can't accept this, simply take a moment and hand that over to Me. It doesn't belong to you. When you were born you were fully present with Me, you were fully able to receive My love and care, and anything else shows that something else got in the way of that at some point in your life. You may be holding on to control – hand that over to Me. I have a better life for you than you can ask or imagine (Ephesians 3:20, John 10:10). You may be experiencing a rebellious spirit – ask Me to get rid of it for you. You may be afraid of abandonment – know that I will never leave you (Hebrews 13:5) and no one can take you from Me (John 10:28). You may believe that you are not worthy of My love – nothing can separate Me from My love for you (Romans 8:39). You may believe many things about yourself that do not line up with what I am saying in this verse.

Recognize that I am telling the truth and I cannot lie (Numbers 23:19), therefore, what is said in this verse and listed above is not a lie, it is the truth. If anything contradicts it, that is the lie, and I would like to replace it with the truth if you would like this. You are welcome to acknowledge what you are thinking but please do not defend it. Instead, let it go and replace it with the truth of who I am or who you are in Me as detailed above.

If you can, take a moment to experience or feel Me within you and the peace and joy that I have with you and in you. Know that a true and powerful healing happened today in this time together and once something is healed it does not go back to the way it was. It was My might, and it is My victory that has brought healing to you today. It cannot be reversed or taken away.

Prayer:



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations

Lord, please help the healing to remain strong within me. Do not let me doubt what happened here today and if there is more that is needed I ask You to cause it to happen as the angels minister to me (Hebrews 1:14). You know that I need full and complete healing and I need it soon so that I am able to do all that I am here to do on the path You created me for. Please help me heal completely from my own sins as well as those of others so that I can be set free from that which holds me back.

Amen



Day 3

Exploring: Is God good? How can such bad things happen in this world if He is?

*John 9:30 MSG “I came into the world to bring everything into the clear light of day, making all the distinctions clear, so that **those who have never seen will see, and those who have made a great pretense of seeing, will be exposed as blind.**”*

This passage is more commonly read in a translation such as the one below:

“Jesus said, ‘For judgment I came into this world, that those who do not see may see, and those who see may become blind.’”

In the introduction to Eugene Peterson’s The Message – The Old Testament Prophets © 2000 Eugene shares something very essential about judgement that changes every single perspective about judgement and bad things in this world.

Page 8 “Basically, the prophets did two things: They worked to get people to accept the worst as God’s judgment – not a religious catastrophe or a political disaster, but judgment. If what seems like the worst turns out to be God’s judgment, it can be embraced, not denied or avoided, for God is good and intends our salvation. So judgment, while certainly not what we human beings anticipate in our planned future, can never be the worst that can happen. It is the best, for it is the work of God to set the world, and us, right.

And the prophets worked to get people who were beaten down to open themselves up to hope in God’s future. In the wreckage or exile and death and humiliation and sin, the prophet ignited hope, opening lives to the new work of salvation that God is about at all times and everywhere.”

Romans 8:28 confirms this “And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

If you read Romans 8:28 as “this only applies to people who are called according to His purpose” then you have an opportunity right now to simply become part of My purpose and then you can expect even the bad thing in your life to come to good.

Knowing that all I want is good. I do not want anyone to be lost or condemned

2 Peter 3:9 CEV “In fact, God is patient, because he wants everyone to turn from sin and no one to be lost.



Use this perspective to process everything you see in the world.

If, just as Eugene Peterson so aptly points out, every single “bad” thing that happens is a result of My judgment it simply means that anything bad is a way of bringing people more into alignment with the good that I Am so that good things will happen. This gives an opportunity for communication between us.

People point out the terrible things that happened in the Old Testament. But if you look at the root of every single event, it is My protection, My desire to bring them to Me, or My desire to help them figure out that the path they are on leads to eternal destruction **so that** they will return to Me where they are safe, secure, protected, and within My refuge for all of eternity.

Thinking about the world today. Pick something that really bothers you about what is happening. Now, run it through the lens that it is simply My judgment, pointing out that something is not lining up with the perfect law that underlies all of creation that leads to the abundant life I desire for everyone (John 10:10).

Now the next step is the powerful one. Rather than judging or condemning the people who are causing the problem, instead **bless** them with My Will. Bless them to see Me, to know Me and to do My Will because when all do My Will you have heaven on earth. If you choose to blame, judge or condemn you are aligning with darkness rather than light and darkness can never bring light to a situation. Therefore, you need to either pray or act, depending on what I indicate, so that you can bring light and blessing to a situation.

What is an example of this?

When it is really hard to find a job ask yourself...what is the good that God is doing in this situation? Am I burned out and I need a break and I will simply trust God to provide at exactly the right time as soon as I am ready? Maybe, I have strayed away from God and He wants me to have a need that I cannot fix so that I have to reach out to Him and ask for His help. Maybe, He is changing the path I am on and this is His way of doing that. Maybe there is sin in this world and the job I am intended to have has been destroyed by someone else – bless that person or that institution so that it can come into alignment with Me so that the job will exist for you.

There can be so many possible reasons for what is happening that looks bad. If you can really believe that I am good then the perspective will change and you will see what needs to shift, in yourself, or in others, so that the situation can align with the abundance, truth and goodness that I Am.



Another example might be a country that is ravaged by poverty, famine or starvation. If you truly believe that I am good and I want only good for My children then look at it from this perspective and see what I am communicating. Look for verses in the Bible that share what is happening or what needs to be done. One possibility is:

2 Chronicles 7:14 ESV “if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.”

If you are a leader in the country that is suffering you have the opportunity to do something very powerful about this. You can use your prayers and influence to turn people to Me, to ask Me to be their God so that they will be called by My name, then together you can humble yourselves, pray, seek My face and ask Me what the wicked ways are that need to be turned away from and actively seek what I want for you instead....and then I will forgive your sin and heal your land.

If you are an outsider and have no influence within this country you can pray for this to happen, you can bless the country as a whole, you can look at what is happening and ask for the leaders to have open eyes to see from My perspective.

If atrocities have happened in the history of the country that have not been repented for and healed then you can pray, you can intercede on their behalf, and maybe I will even ask you to go to the site of some of these atrocities to pour My Holy Communion onto the land so that it can be healed from the bloodshed that was an atrocity to My Kingdom. If I ask you to do this, do it from a place of blessing and not condemnation or you are adding further atrocities to the land because My desire is to bless all people so that all will be My Children for all eternity.

The point is not the specifics of what I am doing or asking you to do in this instance. I will reveal all of this to you if you desire. The point is simply this...anything bad happening is from Me to bring all of My children home to Me. Assume this and seek Me out rather than focusing on what is bad or the bad people doing the bad things. Seek Me and My answers and My involvement and bless the people involved and you will effect change....whether you see it immediately, after some time, or after you are with Me does not matter as much as the obedience of doing what I have asked.

And the biggest bonus of all is that you begin to actually experience a change in the verse:

Isaiah 55:8 “For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD.”



You will begin to think My thoughts and do things the way I know they are best and you will align your will to My Will and we will become closer and closer to each other and it will be a blessing to Me and a blessing to you, which will bring more of My blessing into this world.

Sure this sounds like a big task but....just focus on one or two things, not everything, and come to know Me better in the process.

I am right here with you to help!

Of course, as is true of anything with Me, when you think you have Me figured out there is a wrench in it – in this case it is the story of Job who suffered even though he did not do something wrong...but stay close to Me and I will let you know when, and if, this is ever the case in the circumstances in which you are looking for answers.

Prayer:

Lord, so much is said about you that is wrong or a lie and I don't want to believe any of it. Please help me discern between truth and lies especially when it comes to who You are and what You do. I want to believe fully and completely that You are good and that You bring good out of all things (Romans 8:28). Please help me fully realize and live this way. Amen.



Day 4

Exploring: Is there anything in the way of gratitude being expressed in your life?

Psalm 139:23-24 “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”

When people “bumped into” Jesus they were often healed physically, but, more than that, they were healed emotionally, and spiritually, all at once. That is why the healings were so powerful. He not only healed the disease that had potentially manifested due to some underlying reason, He healed all the shame, guilt, sin, resentment, unforgiveness, word curses, vows, agreements, and anything else that might have gotten in the way of their health.

This means that, not only was their health restored and they could express gratitude for this, but that all else was removed so that gratitude could be continued.

There are so many healing ministries available to help with this process if you would like to do it step by step. You can even work on it yourself if you want but you also have the option of creating an atmosphere and opportunity for Jesus to do the whole healing for you all at once if that is what you want. It will transform your life fully and completely in to the life of My Will for you...that is where most people take a moment to decide if it is really what they want.

This is why Jesus could go to the man at Bethesda and heal him completely. The man had absolutely nothing to lose! John 5.

Do you have something to lose?

The complete healing will be harder for you but it is still possible.

Imagine everything you have going away.

What is the scariest or hardest part of this for you? What is the second hardest part?

When you read this passage and asking Me to request this of you, what comes to mind first?

Luke 9:3 “And He said to them, ‘Take nothing for your journey, no staff, nor bag, nor bread, nor money; and do not have two tunics.’”



You have just identified the hardest aspects of life for you to let go of in order to truly experience the fully abundant life I have for you. I am not asking you to let go of everything and to travel without anything but I am asking for you to be honest with Me and with yourself about what they are.

Yes, sometimes I actually ask people to completely let go of these things, but normally I simply ask them to prioritize Me and to let them not be idols in their lives. I am a jealous God and I really want your full attention and worship (Exodus 20:1-11), not for My sake as much as for yours.

Ask Me to do a full healing and I will show you if there are any vows, word curses, or agreements around these areas of your life that can be worked through. Simply seek the Holy Spirit and ask Him to show you a memory or time in your life that is related to anything getting in the way of gratitude. Then simply invite Jesus into the memory and ask Him what He wants to say. There is usually repentance and forgiveness that is required but it is easy when Jesus is there and then you will be set free.

Seek out some healing prayer if you are not comfortable doing this on your own, but you are able to do it with the Holy Spirit if you set up a time and place conducive to the healing. Start with this statement "Lord, I give You permission to work in any area of my life – emotional, physical, spiritual, or any level of which I am not yet aware." I know that sometimes you work in one powerful session and sometimes you work over time. Show me the way and lead me in Your path for me and I will follow. Help me set aside the time and find the space to seek Your healing.

The setting and way you do this doesn't have to be perfect – look at the Samaritan woman at the well (John 4) or the woman with an issue of blood (Luke 8:43-48). Neither of their situations was perfect but it was transformational.

Come to me with nothing at all and I will have you leave with the greatest gift of all....and then gratitude will flow more easily.

Prayer:

Lord, I know that You see so much more than I do in each realm that exists. I rely upon You to search me and know me and to show me if there are any ways that are causing me to be separate from the natural gratitude available to me simply because You are my God and I am your child. Thank You Lord for doing so much for me. I know I don't deserve all that You do, and I also know that this is irrelevant because You are so good, so kind, so loving, so perfect, and You love me so much and so what I am or am not worthy of does not matter. Let me live this way Lord, in the fullness of Your presence and Your love.

Amen.



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations



Day 5

Exploring: Bless the Lord

What does it mean to bless me?

Have you ever noticed how common this phrase is in the Bible. Do a search in Bible Hub or Bible Gateway online (or other software if you have it) and see how often the words “Bless the Lord” come up.

Which repeats the question...if I am God, and I Am of course, what does it mean for you to bless Me?

When you create something, you bless it by creating it. It blesses you back by doing what you created it to do well.

- If you create a mug – you are blessed when the mug holds liquid and does not spill.
- If you create a painting – you are blessed when you look at the painting and it invokes the desired story or emotional story you desired. It also blesses you if you are a painter by trade and you are able to sell it to someone.
- If you create a pot full of plants – you are blessed when they grow and thrive and flower the way you envisioned when you created them.
- If you create a child (with My help of course) – you are blessed when they do the things you hope for a child to do...sleep, eat well, find enjoyment in life, obey you as they grow older, learn, make good choices, etc. As they grow older though you are blessed when they leave home and find their own way in the world. You are blessed when they truly explore who they are and why they are here in this world. You get to learn about them as they do this and that is a blessing because you realize they are not just a robot who you molded into whatever you wanted them to be – they are a real person with ideas, desires, and hopes that they are experiencing in this world. You are even more blessed when they grow through the stage where they are differentiating themselves from you and then choose to reestablish a relationship with you as an adult.

This is true for Me also. When you seek Me, obey Me, spend time with Me, praise Me, explore life with Me, explore who you are and what secrets I hid within you about yourself with Me, you are blessing Me. When you realize this is what you are doing and you choose to do it with Me that is even more of a blessing to me. When you put Me first over all else and choose to love Me with all your heart, soul, mind and strength you deepen the blessing even further. These are all ways that you bless Me.



Then, when you are alone in your room and, for no good reason at all, just because you want to, you raise up your hands, possibly dancing around the room, possibly listening to worship music or possibly being silent, and you experience Me right there with you and you tell Me that you love Me, desire Me and are so enamored by Me, even if it is through tears or frustration by what is happening in your life or the world...you bless Me so much.

Blessing has a lot to do with people or things reciprocating, whether it happens on purpose or not is another matter. The cup you make reciprocates when you get to drink out of it. The painting reciprocates when it invokes a response in you or someone else's heart. Your child blesses you when they reciprocate and demonstrate their love for you back to you. They can do this in a lot of different ways.

You bless Me when you reciprocate.

You do this by being who I created you to be and by doing what I ask you to do. Of course this means obedience to what I share in the Bible (like loving Me, yourself, others, and your enemies) but it also entails walking with Me on a daily basis and doing life together. Every day I am with you. Every day I live within you if you have invited My Spirit into your life. Every day I make myself available for time together, or for when you have a problem, challenge or opportunity you aren't sure how to handle. I am always there and it is a blessing to Me when you recognize that and let Me participate in your life, decisions, and day-to-day activities.

This may sound strange to some people, particularly if you think I am a distant God who created the world, set it in motion, and am letting it play out the way it will. But, think about all the "coincidences" in your life. Think about the song that plays at the most unexpected moment. Think about the beautiful creature in nature who happens to be somewhere at just the right moment for you to see them. Think about the Sunset you happened to see because you drove home from work a different way than you expected. Think about the rainbow that stayed up in the sky so much longer than is normal so I could remind you how much I love you. Think about the shooting star you saw at just the right moment as I "winked" in your direction and said "I am here with you". If you notice these things you will realize how close I am...but do not be afraid as the Israelites were afraid, instead, be like Moses and come into the tent of meeting and talk with Me face to face. I am here. You are a blessing to Me and I love to bless you.

What does this chapter stir up in you? What would you like to share with Me? What do you wish you could hide from Me? What would you like to say? I would love to hear it, even if it is a hard thing to say or to hear. It is already an "elephant in the room" and we both know it is there – let's talk about it. It will be a blessing to Me just like it is a blessing to you if your child comes to you and talks to you about something difficult because they want to work it out so the two of you can remain connected and the love between you can keep flowing.



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

You are a blessing to Me. It is a powerful thing for you to realize this and to recognize when you are blessing Me...because then you realize that you are giving back to Me the love that I have reached out to you and it is creating this beautiful flow of love between us, and between earth and heaven.

I am grateful for you reading this chapter!

Prayer: Lord, some days I do not feel like blessing You. Other days I even wonder what it means to bless You but I know that it is the right thing to do and so I stop for just a moment in this day and I bless You oh Lord. You are so mighty and wonderful. You are good at all times. You bring good to this world when there is nothing good to be seen. I bless You Lord. I bless You Lord. I bless You Lord. May You be blessed oh Lord, King of Kings, Lord of Lords, almighty maker of heaven and earth. May You be blessed.

Amen.



Day 6

Exploring: Joy

What is joy?

It is a fruit of the Spirit.

Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control”

What does this mean for joy to be a fruit of the Spirit?

It means that you cannot muster it up yourself through your own actions, words or deeds. The only way someone can experience true joy is to be filled with the Holy Spirit.

Therefore, rather than asking for joy (or happiness) ask for more of the Holy Spirit in your life.

Then, simply express your gratitude to the Holy Spirit for being there with you every time you experience one of the fruits of His Spirit. Simply notice His presence with you and know that you are experiencing Him whenever you experience joy.

Try it now!

Simply ask for the Holy Spirit to be there with and in you and see what shifts.

Do you feel more gratitude when you are filled with the Holy Spirit?

Does it come more easily when you put away worry because you are filled with the Spirit and it is impossible to worry and be truly filled by My Spirit at the same time?

Any time your primary experience in life is anything other than the fruits of the Spirit, simply ask for more of the Holy Spirit, redirect your focus in life, and enjoy what happens next. You might find gratitude flows out of you quite easily from this perspective of life.

Prayer:

Lord, when I ask for joy, please help me simply remember that You are my joy and my strength. You are everything I need and want and I ask for more of Your presence right here with me now so that I can experience a greater sense of joy. The next time I am feeling down, sad, scared, or anything other than joyous, rather than asking for more joy or happiness, will You help me remember to simply ask for more of Your presence?



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations

Amen.



Day 7

Exploring: Underlying Motivation

Jeremiah 29:11 ESV “For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.”

Small shifts in perspective make a huge difference in experience and gratitude.
Why is this relevant?

Because you can be doing the exact same thing but for a different reason, or you can do something very similar but have a different perspective on it and it completely changes your sense of what you are doing and how.

The verse above focuses on how to find greater gratitude in life simply by knowing and recognizing the path and plans that I have for you. The closer your life aligns with the path and plans I have for you the easier gratitude will be – even in the difficult times.

Suffering and misery happen when you are either off the path OR you are focusing on something extraneous to the path.

For example: If you had a very demanding parent and you were constantly proving yourself to them in order to gain their approval and, therefore, your self identity and worth then you might find yourself later in life working really hard in an area that is on your path, however, you may be miserable. Why? Because you are trying to prove yourself. If you can revisit your perspective and recognize that the reason you are at that job is to simply express your giftings, do what I put you here to do and expand the Kingdom then your perspective shifts and your experience of work also changes. You don't have to switch jobs (in fact switching jobs will simply re-create what you are currently experiencing) in order to find greater gratitude and less misery.

As you explore gratitude try not to just thank Me or express gratitude for the things that are causing misery because you know they are perfectly fine but you simply don't like or enjoy them. Instead, take a look at why you do what you do. What is at the root of the misery and suffering and I will show you a different way and then the gratitude will flow more easily.

For example, if your life looks just like you wanted it to but you find yourself having to force gratitude, then look at what is at the root of it being difficult to be grateful for. I will give you a hint. It is usually based on putting the wrong thing in focus or trying to create your identity from something that I never intended to identify you. The most common are:

- Wanting to feel like you are in control



- Financial safety / comfort / fear
- Identity – having to prove yourself

But I tell you:

- Trust Me, I am in control (Proverbs 3:5-8, Matthew 11:28).
- I will take care of all your needs (Matthew 6:33).
- You are My child and your identity is in Me (Romans 8:15-16, 1 John 3:1).

In order to experience true gratitude you may need to let Me speak into these areas of your life so that you can experience a perspective shift and find greater enjoyment in this world.

Yes, there is a time and place for simply being grateful even though your circumstances are not great. This can help lift you out of a dark hole, however, getting to a place of abundance comes with digging in a bit deeper and asking Jesus to show you My perspective so that you can know My thoughts and My ways and find greater gratitude more simply.

Prayer:

The Lord is my shepherd. Please help me follow Him.

I shall not want. Please help me realize I have all I need.

He makes me lie down in green pastures. Please help me rest when You tell me it is time.

He leads me beside quiet waters. Please help me drink from you.

He restores my soul. Please help me realize that You restore my soul not this world.

In all that I do and all that I am, may I know You more fully Lord.

Amen.



Day 8

Exploring: What Matters Most

Psalm 118:24 “This is the day that the LORD has made; let us rejoice and be glad in it.”

This is the only day that you are going to be able to be in the fullness of the experience you are in with Me. Tomorrow will be different, yesterday is no longer the same, so today is the day we get together.

This Psalm does not come from a day that was high and exalted by the psalmist. We can see the struggle...

Psalm 118:18 “The LORD has disciplined me severely, but he has not given me over to death.”

The psalmist is clearly in a really tough spot...

Psalm 118:14 “The LORD is my strength and my song; He has become my salvation.”

Yet, he realizes that I am very important to him and he aligns himself with Me.

Psalm 118:10 “All nations surrounded me; in the name of the LORD I cut them off! They surrounded me, surrounded me on every side; in the name of the LORD I cut them off!”

This psalmist has been fighting for his faith and has been strengthening himself in Me and you can see the ups and downs of this in this psalm so clearly. He struggles with having his enemy surround him and wonders why this is happening to him and yet He puts his faith and trust in Me and he even fights the enemy with My very words and My very strength. “In the name of the LORD I cut them off.”

Use my name to cut off all that is surrounding you...attempting to take you down and remove your peace and joy from you.

Then you will see what is most important.

I am your joy and your strength (Nehemiah 8:10).

I am your shield and your strength (Psalm 28:7).

I am your strength in your weakness (2 Corinthians 12:9)



What is clearly most important is not what you can do but what we can do together. That is where great gratitude can come in even in the face of challenges. When you feel overwhelmed – don't try to force a place of gratitude first – instead connect with Me first. Connect with My strength, My power, My confidence in your situation. See your situation, not as you being the one that needs to get through it but as a situation that you and I will get through together. Your strength or lack thereof is actually irrelevant – I know it is what you feel and I honor that – but it is not what is going to determine the outcome. What determines the outcome is you being connected with Me and us fighting your battles together and celebrating your victories together.

Come connect with Me. Ask for all that you need – I am really all that you need but you can ask for all the things you think you need and I will listen and then I will share with you that I am really all that you need (Matthew 6:33) and then I will give you all the strength and ability to handle the situation at hand right now. You feel powerless when you feel alone and without My support and presence. So simply ask for My support and My presence and then you can move into a sense of gratitude much more easily.

From that sense of connection with Me, look at your situation and praise Me for the victory that I am bringing. If you will let Me I will give you pictures and words about your future that will show you where we are going and you can hold onto those as you praise Me for what I am doing with you and through you...what we are doing together.

I love you dearly and I have your back! Never forget this!

I am grateful for you reading this today and for connecting with Me in this very way! I am grateful that we get to spend this day together and I get to enjoy My wonderful child and beautiful creation. I am grateful that at the end of all this we will live in perfection for all eternity – together with Jesus recognized by all as King and He will serve perfectly and then you will no longer have to work at gratitude – it will simply flow naturally.

But for right now, I am grateful that you are exercising your muscle of gratitude and finding what is most important. Me and our relationship today. That is the depth of your gratitude and your power!

Prayer:

Dear Lord, there are so many things in Scripture that make sense and some that do not. There are so many interpretations within Scripture and I want to know what You think more than what anyone else in the world thinks. Lord please help me see that when you created the world you said it was very good (Genesis 1:31).

Amen



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations



Day 9

Exploring: Who I am to you

Many people really question what their value is to Me. After all I don't really need anything from you:

Psalm 50:9-14 NLT “But I do not need the bulls from your barns or the goats from your pens. For all the animals of the forest are mine, and I own the cattle on a thousand hills. I know every bird on the mountains, and all the animals of the field are mine. If I were hungry, I would not tell you, for all the world is mine and everything in it. Do I eat the meat of bulls? Do I drink the blood of goats? Make thankfulness your sacrifice to God, and keep the vows you made to the Most High.”

I make it clear at the end of the book of Job that I really powerful and there is little that a human being can do for Me.

Therefore, your value and your worth must not have anything to do with what you can do for Me or what you can give Me.

Why am I bringing this up with regards to gratitude?

Because, when you know whose you are and when you know why you are really here, then gratitude becomes much easier to find and maintain.

You are not here to prove anything to anyone. You are not here to do some great thing “for” Me. You may do something great but it will be Me working in, through and with you, not you doing it for Me.

The place of greatest gratitude comes from recognizing that you are Mine and I am yours and we are here together as one, for all eternity. When you think about that for a second it will begin to set into your mind, your heart, your soul, and your body. Your spirit already knows it, but the rest of you may struggle with it.

Consider this for a moment. You are Mine. I am yours. We are one, together, for all eternity.

Take this in again. You are Mine. I am yours. We are one, together, for all eternity.

Let yourself realize that this is truly what you want. To be one with Me because that is where you are full, complete, fulfilled and not only that is where you are safest and most likely to have the best life you could possibly have (Psalm 91, Psalm 118).



Now, without judgement realize that this is impossible for you. Completely impossible. You have sinned and fallen short of the glory of God (Romans 3:23). If it were up to you, this oneness with Me would never be possible. Experience that for a moment, just as John experienced incredible disappointment in Revelation when he thought there was no one worthy to open the scroll

Revelation 5:4 “and I began to weep loudly because no one was found worthy to open the scroll or to look into it.”

The scroll, in this example, is the fullness of you and Me in oneness for all eternity. It is the perfection you deeply desire because your heart, soul, and spirit call out for it.

Imagine being able to see the fullness of heaven and recognizing that you could not get there. It is so deeply engrained in who you are as a person and you know it is exactly what you want so deeply, and you realize that from your own doing and your own mistakes, that you will never be able to experience it.

Feel that for a moment – it is hard! I know it is hard but it is important. It is important for you to recognize the gift that has been given to you so that you can live with gratitude in your heart.

Now, imagine, that Jesus walks up to you, takes your hand and leads you to this place of perfection you so deeply desire. He leads you along a path that goes right to the very place you have always wanted to go.

Please stop trying to earn your way into My heart or into heaven? Whether you do it consciously or unconsciously does not matter. Allow Me to come heal the parts of you inside that make you think you are not fully and completely Mine right now. Give all of your burdens to Jesus, right now, and let Him carry them for you. Give forgiveness to everyone who has ever hurt you – holding onto the pain is causing you to suffer so greatly and Jesus will take care of it all. Receive forgiveness from Him for all that you have done wrong, whether intentionally or unintentionally. Just simply receive it and allow it to come fully into you and light you up from the inside out. If you do not forgive others, there will be darkness inside of you that He will not be able to light up so, ask Me to help you forgive even the hardest things and people in your life, and I will do it so that we will be able to light you up fully and completely from the inside out.

When you recognize your value is not to earn...

When you recognize that you are unable to do what you need to be one with Me....

When you recognize that what you really want in this world to walk with Me...



When you recognize that Jesus has already given you all of that....

Then gratitude will naturally follow.

Matthew 11:28 “Come to Me [Jesus], all who labor and are heavy laden, and I will give you rest.”

From a place of rest, gratitude flows much more easily. Come to Me, I am right here. Lay down all your burdens, if even just for a moment, and come into My arms and simply experience Me as your God and you as My people. And know that this is available for all eternity...not just for this moment. Come to Me. I will give you rest, I will give you gratitude – true gratitude that is not forced or conjured up from the depths of your strength...but gratitude that comes from My power and light within you.

Prayer:

Lord, I need your power and light in order to navigate this world at this moment in time. May Your power and light flow through me so strongly that those around me will see it and experience it and know who you are and may I know who You are more fully by experiencing You more fully in my life so that gratitude will flow from the truth of how You made me, this world and all that is around me. May You be glorified and may I feel the gratitude that is available to me simply from Your presence.

Amen.



Day 10

Exploring: My love for you

Do you experience My love for you? It flows every day toward you and there is so much of it that it will fill all the spaces inside of you that harbor anything other than My love. Any anger, frustration, sadness, unfulfilled desires, negative thoughts or attitudes...My love will fill all of it. Welcome it in and gratitude will fill your heart naturally. Then all you have to do is give it a space to flow out – either by speaking it out, writing it down, or reaching out to someone you are grateful for to let them know.

Let these verses speak to your spirit as you read them. Let them fill you up or wash over you...whatever you need for today. Even if you have heard them a million times, let them engage with you in a fresh and new way this very day.

Zephaniah 3:17 “The LORD your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing.”

I rejoice over you with gladness. I settle you down into My love. I sing over you!!!

John 3:16 “For God so loved the world, that He gave his only son, that whoever believes in Him should not perish but have eternal life.”

I love you so much that I would sacrifice anything for you!

Ephesians 1:3-5 “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him. In love He predestined us for adoption to Himself as sons (and daughter) through Jesus Christ”

I blessed you with every single spiritual blessing, wanting you to have everything that is available to you in the heavenly places! I chose you before the foundation of the world! I planned to adopt you as My son and daughter even before you were born and needed to be adopted!

Romans 8:28 “And we know that for those who love God all things work together for good, for those who are called according to His purpose.”



My love brings good wherever it goes. When you love Me back your free will opens up a flow, a cycle, of love between us that allows My love to flow to you more and more and more...and more good comes to you. The love between us builds and My goodness flows more and more into your life.

Romans 8:31 “If God is for us, who can be against us? He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?”

I am for you! No one can be against you! I love to give you all things that are good for you. Anything I do not give you I withhold only so that you will come closer to Me where you find what you are actually looking for (the complete satisfaction and abundance your spirit seeks)...then I give you all that is good for you!

Romans 8:38-19 “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, not height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

Nothing will ever separate us from this love so you don't have to hold back in case it goes away. That is not necessary – My love for you will overcome everything so lean into it, jump into it, experience it, explore it, fall into it, experiment with it, and learn even more about the fullness of Me and My love for you!

Now that all of My love has filled your spirit and aligned you with Me, does gratitude come more easily?

Prayer:

Lord, I want to experience more and more of your love as the day progresses and as I get to experience more of you. Please help me take this time together and this experience into the remainder of the day and the upcoming weeks and month. Your love is so influential and it is exponential...never ending...never stopping...never reaching its end. There is always more and I want to live in this knowledge and experience.

Amen.



Day 11

Exploring: True Gratitude

Have you ever noticed that the definition of religion is really different in the Bible than it seems to be in the world?

James 1:27 “Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.”

Just as true religion is slightly different than people perceive it to be in this world, so is true gratitude different than what it appears to be in the world.

True gratitude has more to do with things of God that get to be expressed here on earth. It mirrors the prayer

Matthew 6:10 “Your kingdom come, your will be done, on earth as it is in heaven.”

I love any type of gratitude! This is not the point. The same chemicals are released in your brain whether you are grateful for the trash can you see in your room, or the most important person in your life. The impact of gratitude on your own mind and emotions is powerful, regardless of what type of gratitude you express. But if you want to go to the next level of gratitude you can consider things of heaven and not of earth.

What do I mean by this?

Imagine you are in heaven and not of earth. Imagine the time for you to be in this physical realm as it currently is has come to a close and you are with Me in heaven. You look around you and see beautiful colors and landscapes that look similar to what you have seen on earth but they are so vibrant and full of life because there is no sin to dull the fullness of them.

Look around you at the most beautiful thing you can see – it might be something in nature or it might be someone you know, or an animal you have the privilege of getting to “own” while you are here. Now, imagine them in heaven (don’t worry about all the questions that come to mind about what heaven will be like). Simply imagine that beautiful thing with no sin at all. It is perfect, alive, full of the fullness of creation...and be grateful for that.

Now, consider, what you are most grateful for from and in Me. What is a trait you really are grateful that I possess and express in your life? What traits would you like more of in your life? Express your gratitude for that in Me. This is worship!



Next, consider what you are most grateful that I gave to you in yourself? What is something you would like to experience more of within your own self and life? Preferably not something that you do but something that you naturally are. It might show up as something you do but it is based on something that you are. This is usually something I created within you that, without it, you would not truly be yourself. Express gratitude for that.

You don't have to do this every day when you express gratitude but, sometimes, when you remember, consider things of heaven and express gratitude for those things. That is what you are doing as you look at the things of this world that are most beautiful, the things of Me that you enjoy the most, and the things of you that I put within you.

This is one way that you bring the new heaven and the new earth into the present heaven and present earth (Revelation 21:1). It is a practical and tangible way of doing this!

Prayer:

Lord, I am so grateful for all you have set me free from even just in the last 10 days. I am so grateful that you have opened up the path for gratitude to flow much more easily within me. Thank You Lord for the amazing gift of feeling more gratitude in my life without having to force it each day. I know there is more available and I look forward to learning and experiencing more with You. Thank You for leading me to this study and thank You for walking alongside me for this entire journey so that gratitude can be awakened from its slumbering state within me.

Amen.



Day 12

Exploring: What is already true

Mark 11:24 “Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.”

Focus on what is already true. When you pray, so often you focus on what is not yet true and you start believing that is what is more real than what is not yet true but if you shift this it can help with gratitude.

Of course, this is impossible without Me and without My Spirit working within you and also without Jesus being the one to cause all of it to be possible it is impossible. That is really important to remember and to always honor Him for the amazing sacrifice He made for all the truths in the Bible to be true for you as you live your life.

Remember this...regardless of what you believe about Jesus, there is something about Him that has remained front and center for over 2000 years. Keep this in mind and explore Him!

I have given you some ideas of where you are going and what you are doing. Focus on these being true rather than on the things that are not true about what I have shared with you. Believe that I am serious about what I say. Believe that the desires in your heart are either from Me or are aligned with Me. The true desires in your heart are very much aligned with Me – otherwise they end up fading over time and disappear, being replaced with a desire that is much more important to you so...trust what I have shown you is true for you. Trust what you know is to be true and live that way.

If you believe that you have already received a thread of what you are looking for then it will be easier to simply be grateful for that thread and to know that as you pull on it I will take you closer and closer to what it is that the thread leads you to. Of course, I am the only thing that will ever satisfy you so I won't give you something that takes you away from Me but there are many things that bring us closer together and let us celebrate and have fun together. So I love to give those to you.

Yes, there is tribulation in this world, but take heart, I have overcome the world (John 16:33).

Notice that the sentence after the verse for today has to do with forgiveness. The primary blocker for your abundance, gratitude, and path in life is unforgiveness. When you do not forgive, you oppose Me and then we are at enmity with each other. This is not a good place to be – it is better for you to forgive and be free to be in complete unity with Me. Yes, I know



it is hard to forgive. You are not saying that what someone did to you was right – you are simply saying you want to be released from the impact of it – you don't want to be tied to it or them any longer so you forgive them and receive My Holy Spirit instead and then you are no longer separate from Me in any way.

Forgiveness will truly change your life and bring greater gratitude into your life!

Prayer:

Lord, I know how important forgiveness is and I know that forgiving people does not mean that what they did was right and yet sometimes I have such hard time forgiving. Please, Lord, I want to be free from the pain and suffering that continues on from the sins that were committed against me and I want to be free from the pain and suffering I have caused others by my own sins and actions. Please help me forgive completely and please forgive me completely so that I can be free from sin.

Amen.



Day 13

Exploring: Power

Do you realize what type of power you have available to you?

Are you living your life accordingly?

You have the very power that raised Jesus from the dead living inside of you!

Sure, I want it to be used well and I want it to be used by people who believe in Me through My Son Jesus Christ and by the leading of the Holy Spirit. Sure, I have high expectations of you – the Sabbath, loving Me with all you have, praising Me when you don’t feel like it, praying for your enemies, being perfect...sure the expectations are very high but...I am a good God and I help you achieve every single one of these things that I ask of you. If it is in the Bible, it is possible and...all these things are in the Bible! Look them up, you will find every single one of them.

When you think of gratitude how often do you wash down what you are grateful for..."I am grateful for having enough food to eat today"...well, that is true but I am preparing a feast for you – come eat at it (Psalm 23:5).

"I am grateful to have a job and enough income to live"...well yes, but I am able to provide so much more than you ask or imagine (Ephesians 3:20)...why are you settling for a mediocre job at a place you can't stand with people who don't care about you?

"I am grateful for all of my friends"...well, that is true, however, how many of them would be there for you if everything in your life fell apart? Which ones are really solid and which ones need to be left behind.

"I am grateful for a partner who loves me"...yes, love is the most important thing in this world and I love that you are grateful for their love. Now think...are you married to them? Then how can you increase your love for them exponentially to really build the relationship? If you are not married to them – is this really love that will last you a lifetime, the good and the bad or is it just love that gets you through the easy times. Is it love that gets you through the lonely days and nights...even though it makes you feel empty inside or, worse yet, is it a distortion of love that I never intended and you are in it for the wrong reasons.

When you consider gratitude consider things like:

- *Luke 10:20 “..rejoice that your names are written in heaven.”*
- *Philippians 4:3 “Rejoice in the Lord always; again I will say, rejoice”*



- *Romans 8:11 NLT “The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you.”*

Let your gratitude be both large and small. Let it be the little things like the smile of a child when you look in their face but also huge like the complete power that created the universe and raised Jesus from the dead living inside of you.

Stop living small and live for real!!!!

Then you will have so much to be grateful for you won't be able to stop at a gratitude journal entry of 5-10 things. Your soul will have to shout it out at all times to all people.

Prayer:

Lord, thank You for showing me that I am living small. There are so many reasons for this but none of them are good ones and I would love to find freedom from all that holds me back. Please help me see the difference between being still and waiting...knowing that You are God and You are at work...and avoiding something I need to do because I am afraid of the risk. I want to live the fullness of the life You created me for Lord. I need Your help to do this.

Amen



Day 14

Exploring: Letting go of all else

Ephesians 1:21 “[Jesus is seated] far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come”

What are you most grateful for?

What do you wish were true that is not?

When our wishes and desires are watered down based on what we believe is possible we tend to need to justify what we are grateful for much more often.

This is true for Me also.

I have great desires and wishes for My people and My creation.

But I gave My people free will and that is extremely important or else the entire concept of creation and a loving God simply do not work. How, can you have love if you do not have free will? It is impossible.

Because I gave free will I created an opportunity for people to make a choice. They can experience Me in the fullness of who I am or they can experience a more watered down version. In this verse we see that Jesus is seated above all rule and authority power and dominion!

Do you want Him there in your life and in your world?

Do you want Him to be above your boss, your family, your political leadership, even your health practitioners?

When something goes wrong who or what do you look to first? This indicates who you put as your highest authority.

Would you like Me to be your highest authority? If so, I am more than happy to do this. Of course, it requires putting Me in this place consistently and letting go of other authorities that have been in place in your life in the past. This can be very difficult for people.

What do I mean?



When you experience a health concern, are you willing to come to Me before health practitioners?

When you experience boredom or a lack of interest in your life, work or marriage, are you willing to seek My advice and answers first?

When you experience a loss, are you willing to come seek Me to fill in the space that is now empty?

People often say yes to this but when it comes to actually doing it, it becomes more difficult. You may need help and you certainly need spiritual direction. This can come from many directions, but it must be sought. Seek Me first for spiritual direction and I will guide you to a person if that is what I desire for you but you don't want to put that person between you and Me. That is what you are trying to get beyond.

What is your highest priority? Is it Me? If so, let Me prune the things that you no longer want, and let Me become first and foremost in your life. It will be so much better than what you currently experience but it will also cost you more than anything else you have ever done because I require all of you...your heart, soul, mind and strength. But it is worth it...so very worth it.

Sell everything and buy what is important (Matthew 13:45-46). Come to Me and I will be your food and your water (John 7:37). Seek Me first and I will provide anything else you need (Matthew 6:33).

Find true gratitude when you find the fullness of Me as the One with the greatest power and authority in your life.

Prayer:

Lord, how can I possibly let go of all else when I have held on to so many things over my life as ways of making it through the day, the week, or this life? It feels impossible to me to let go of the defense mechanism, the ways I try to stay in control, or even the very things that get in the way of my being able to truly love you but Lord I want to. Please help me love you with all of me so that I can let go of everything else and walk with You!

Amen.



Day 15

Exploring: Letting go of all else

The power of fasting happens in that you give up something important to you in order to create emptiness that only I can fill. It can be a fast of worrying, a fast of food, a fast of social media, a fast of striving, a fast of focusing on oneself, or a fast of anything else that comes to your mind that you know you rely upon unhealthily but haven't been able to shift yet.

Ephesians 1:23 NLT “and the church is His body; it is made full and complete by Christ, who fills all things everywhere with Himself.”

When you fast you create an emptiness for Christ to fill. It is usually something that is meaningful to you for some reason and it is a great time for you to either demonstrate that He is more important to you than the thing you are fasting, or that you are relying upon Him to help you discontinue what you are doing, and only He can help by filling it, or it may even be that you are simply sacrificing something very important to you for His sake.

Letting go of all else is a powerful way to invite Him in further and this is where gratitude flows and reigns most powerfully. You find that you are truly grateful for Him. Truly grateful for the creation, truly grateful for who He made you to be. You discover that you are not alone, no matter what circumstance you are in. You are not alone. You are filled with His Spirit (if you have invited Him into your life) and He will fill in all that is empty and meaningless with His love for you and the gratitude flows.

Sometimes gratitude is a sacrifice – you are not grateful for anything that is going on in your life and so you make a sacrifice to Me of finding things that I have created that you are grateful for, even though you don't feel it. When you are filled by the Holy Spirit, this sacrifice is much easier – you can simply ask the Holy Spirit to show you what He finds most beautiful and worthy within My creation at that moment.

Live with us actively in your life. Call upon Me, My Spirit, and Jesus in every situation you face and then simply thank us for our guidance.

Prayer:

Lord, letting go can be very challenging for me and yet when I do I find the rest that You invite me into. I would love your help letting go of the things that I believe will keep me safe and cause me to survive this world and to thrive. I know that You are greater than all of them and I am so grateful that you are part of my life. Help me let go of all the things that I hold onto that don't do much of anything at all for me except make me believe in something false.



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations



Day 16

Exploring: Letting Gratitude Flow

We have dealt with a number of things that get in the way of gratitude flowing.

Today, I would like to start by praying a prayer over you. As you read this, simply allow it to flow in, through, and around you, awakening the thankfulness and gratitude that is so readily available when you have broken through all else that has gotten in the way.

“I bless you with the aliveness of life that existed in the Garden of Eden before sin entered into the world. I bless you with a spirit, alive and well, within your body, connecting to your mind, body, soul, and strength. I bless you with My love, flowing in and through you, wiping away every tear, every heartache, every sense of lack, and every bit of unfaithfulness or concern about who I am or what I will do for you. I bless you with the knowledge that I am good, beyond measure, and that I want what is absolutely best for you and will not spare any hardship to help you get there. I bless you with a spirit awakened by the knowledge and fullness of Jesus Himself and I bless you with a resurrected life, made in My image (Gen 1:26). I bless you, this very day, with My presence in your life wherever you go. You are never alone, never lacking, never lost, destitute, or hopeless because I am there with you. I bless you with the fullness of My presence, with you at all times.... In the power that resurrected Jesus from the dead, I bless you.”

When you return a blessing to Me it creates a full circle, and that full circle brings a flow in your life and in our relationship that is satisfying, healing, and powerful. May I suggest that you bless Me back?

You might ask “Why does God need to be blessed” and let’s not go into details about that and what it means. There are a lot of sermons and resources available on this subject but I would like you to remain in your spirit rather than in your head. Just know that the Bible specifically says to bless Me and give Me the benefit of the doubt for long enough to give this a try.

Read this blessing to Me if you are up for it...It is modified from Psalm 103:1-5

“Oh Lord, thank You for Your blessing! I bless You. I bless You with all of my soul and all that is within Me. I bless Your holy name. You are holy Lord, and there is no other who is holy as You. I bless you Lord and I thank You because You are so good to Me. There are so many benefits of knowing and loving You oh Lord. I bless you Lord and thank You for forgiving all of my sins and for healing all of My diseases. I bless you Lord and praise You for redeeming my life from the pit and continuing to do this for the rest of my life so that I can experience



the abundant life (John 10:10) You have planned for me (Jeremiah 29:11). I bless You Lord for who you are and all that you do, even if you do nothing for Me. I know you are worthy of my praise and blessing. I know that you are always involved in My life, but it is not for what you do that I bless you, but for who you ARE. I bless you for crowning me with steadfast love and mercy and for satisfying me with good so that I have energy running through me, lifting me up on the wings of eagles. I bless You Lord, because You deserve to be blessed, but not only that, because You are a blessing to all who lift their face to you. I bless You Lord.”

I hope that your spirit is alive and awake now that you have not only received a blessing but you have blessed Me back. It is like an electrical circuit that runs the power of most of the world...it has to be a full circuit, completed, in order for the electricity to flow at all. By receiving My blessing, and then blessing Me back we have created a complete circuit within which the energy and power of My love can flow and fill you with even more gratitude and love for Me and for all those around you.

You are blessed, in Jesus Holy Name..

Prayer:

The flow Lord. It is what I seek. It is what I love. When we are in a desert place it feels like everything is difficult and then we enter into the flow of life with You and we find that You are there guiding each step of the way. This is true of the flow of gratitude also and I am so grateful that You are helping my life flow much better than it has been because You love me. Lord, may you help the flow of gratitude to become stronger and stronger over time in me?



Day 17

Exploring: Handling difficulty with gratitude

Jesus warned that difficulty would arise in our lives (John 16:33) but tells us clearly how to handle them:

John 16:33 “In the world you will have tribulation. But take heart; I have overcome the world.”

Simply remember that He has overcome the world. Live your life in this way. Know that He is for you and believe all the stories of the Bible where My people turn to Me and I rescue them. This is My desire for you...to live as My children, in the fullness of the term.

Practically, I know that you will struggle with doubts and questions and so I have provided a formula of sorts to handle this. It is found in Philippians 4:4-13

1. Verse 4 "*Rejoice in the Lord always; again I will say, rejoice.*" Start by remembering that I am here with you, you are My beloved and I love you deeply. Remember that perfect love casts out fear and simply rejoice. Even if you don't feel like it, ask Me to help you rise above the dark thoughts and concerns so that you can rejoice in My presence and My involvement. Take a moment and rejoice in Me.
2. Verse 5a "*Let your reasonableness (or gentleness) be known to everyone.*" Ever heard the term "fake it 'till you make it"? This is a perfect example! Even if you feel a great deal of drama or concern in what you are facing, allow My Spirit to rise up in you – you don't have to do this on your own strength. My Spirit lives in you if you have invited Me in and so you can expect to experience the fruits of the Spirit (Galatians 5:22-23), one of which is gentleness. Let My gentleness, My Spirit, rise up within you and be reasonable, even if you do not feel reasonable yourself.
3. Verse 5b-6 "*The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*" Remembering that I am right there with you, you are never alone and never have to face anything without Me, allow yourself not to be anxious. Allow yourself to be filled with peace that your God, the most powerful entity in the entire universe, is right there, awaiting your requests. I tell you to ask for what you need and I will give it to you (Matthew 7:7), I tell you that I will give you good gifts (Matthew 7:11). If the cliché "Be careful what you ask for" runs through your mind...causing you to doubt that I will give you something good, or that I am waiting around to be crafty and give you what you ask for but now what you really want or need, know that these thoughts are from the enemy who is crafty. I, instead am generous. So, do not be



afraid, do not worry, experience Me as the good Father you either had or wished you had and let me know all that you need.

Notice the words I use here – prayer and supplication. Supplication is “the action of asking or begging for something earnestly or humbly:” (Merriam Webster on-line). I know there are times when things feel so serious or overwhelming that as you ask Me it will feel like begging or pleading. Other times, it will be very humbling because you simply know that if I do not do something, you are ruined. Take heart, this was the case for the Israelites over and over and over again in the Bible and I came through for them powerfully and mightily. You may beg, you may plead...come as you are...and combine this with expectation and thanksgiving.

4. Verse 7 *“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”* Allow My peace that comes from the knowledge that you just put in a request to the God of all things. The one who creates something from nothing, whose words create that which didn’t exist, is on your side and is now on task to bring what you need to you. You have put it in My hands.
5. Verse 8 *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*” This is the tricky part! You need to leave your problems and anxieties in My hands and not take them back. I’ve included some very helpful words in the prayer below to help with this. Put your mind on other things, not ignoring that you have a very real need but knowing that I have it taken care of and I will let you know when I need something from you. Rest in Me (Matthew 11:28) and “be still and know that I am God” (Psalm 46:10). Keep your thoughts on good things!
6. Verse 9 *“What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”* Go out and behave as though I am going to take care of the situation (since I am) and walk confidently in the world and put your focus on other people who are in need. I am taking care of you, go take care of someone else and let Me flow through you to them. You may end up answering a prayer someone prayed while they went through this exact same process. Take your mind off of yourself and put it onto others.
7. Verse 10-11 *“I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”*
Recognize that whether I give you plenty or have you in a place of need so that you can experience My provision on a daily basis...no matter whether people speak highly of you or defame your name...no matter what the circumstances...remember



that you can do ANYTHING through the strength of Christ living inside of you. Just because things look tough does not mean that I am not actively working and living through you. Sometimes the toughest things bring the greatest glory to Me.

I know this can be challenging in times of great need. Here is a prayer you can use to help if you would like:

“Oh Lord, how great you are. How mighty, powerful, and loving you are. How much you love Me and how much you care about all that I care about. I rejoice in You, Lord. I rejoice in who you are and how much you are deeply involved in every moment of my life, every day, every second, every millisecond. You are never too busy for me, you are never distant. You are as close as the air that I breathe. I rejoice in this knowledge, it is sometimes more than I can even fathom. Help me to be reasonable in this moment and may Your love and Your gentleness prevail even if my emotions indicate otherwise. May You prevail oh Lord.

Lord, help Me with the chemicals in my body that are causing any sense of anxiety right now. Cause them to shift to the chemicals that lead to joy and peace. As I present all that I need from you and all of my requests will You please help me ask them with expectation rather than a fear of lack. Help Me recognize You as You are, My good Father who loves to care for me, protect me, and give me good gifts. I do not ask for anything out of manipulation or out of selfish ambition or greed Oh Lord, I ask because these are very important needs that I have.”

Ask for your needs here. Let me know, truly, what you want and what you need. Be clear with yourself and with Me what you actually need and want. You can be as specific as you would like and as you do this, be careful not to go into telling Me what you don’t have, but telling Me what you need and want.

“Thank You Lord that you hear my every prayer and that every time I pray something happens. There isn’t a single prayer that you do not hear and act upon. Help increase my faith so that, as I await your answer, I will have confidence in its arrival. Thank You Lord for answering my every prayer!

I allow your peace to overtake Me, knowing that all of my requests are in Your hands and Your hands are mighty. I trust that You will clearly show me what my part of the solution is...what actions I need to take...and what I need to leave in Your hands. I put these problems, concerns, and questions in Your hands and I will do my best to leave them there, Lord. If I start to take them back in my mind or through my actions, please gently, prevent me from doing this so that they can stay in Your mighty hands where they can be resolved appropriately. I trust that if You have a better plan in mind, that You will do that instead. Help me have peace and know that You are God. Your Kingdom come, Your will be done on



earth as it is in heaven. I know that if you have plans that are different from mine that Yours will be even better than I can ask or imagine (Ephesians 3:20) and I trust you to fulfill them instead of mine.

Lord, please show me someone else who is in need that I can help. Help me put my mind onto others who are also in need and help me do the very things that You do for me. Help me be a blessing to someone else today, not fixated on my own problems, but walking in so much trust in You that I can focus on what others need from me.

I rejoice Lord that no matter how you answer my prayer, with great provision or little, with great praise, or non at all. I can do all things through Christ. May His strength rise up in me so that I can truly glorify You in a way that will bring You more completely and more genuinely in this world. May my focus not be on my own comfort and needs but on the goals of your kingdom...to bring all Your children home to You for all eternity. And may we have the absolute best time together as we move toward these goals! I love You Lord. You are great, mighty, powerful, and just. I love you deeply and with all my heart, soul, mind, body, and strength. I love you Lord and I receive the love you have for Me.....in Jesus name I pray – Amen (may it be so”)

Prayer:

I recognize that it does not matter what I am grateful for Lord, but that the posture of gratitude is, in itself, transformational. I am so grateful for the knowledge that simply being grateful brings life and love into my world. Thank You Lord for this. May You be glorified through the difficulties and may You show me how to be grateful even in the desert moments in life.



Day 18

Exploring: Bringing the change you so desperately desire in the world around you

Psalm 46:10 “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

The times when worry or anxiety kicks in the most is when you doubt Me. You wonder if I am still God. You see what is going on around you and you think that I am not involved or you wonder if I am powerful enough to do anything about your situation or the situations of others.

But, most of the issues in life that are powerfully difficult to deal with come from people who take their own life into their own hands and ask Me not to be involved. Have you ever done that yourself? If so, what did I do?

I graciously stepped back and let the problem or issue remain in your own hands.

Yes, that may cause you to feel like I abandoned you or left you to your own devices, however, remember that you asked Me to and I honor your free will and so I did.

If you want to invite me back into your life again, please do. Give Me permission to work in your life in any area. When you intercede for others, you can step into their lives spiritually and do for them what they cannot yet do for themselves. This includes them asking Me to return to their lives. Of course, their free will is always going to prevail over your intercession, however, if they are open to Me or are desperate enough, you will discover that your intercession moves into their lives as though they prayed the prayers themselves.

Give it a try....think of someone you really want to know Me better or who is really struggling in some area of their life. Take a moment and imagine them right there sitting with you, face to face. Take a moment and experience them in your spirit. Now, imagine moving over to their position, as though you are them and pray, as though you are them, using their words, what you would most like for them. It isn't weird...it is like helping a young child learn how to say something they don't know how to say yet....you say it, and they repeat it. This is the same thing except you are doing it on a spiritual level instead of a physical level.

When you are done, say “Amen” – let it be so and then return to your own perspective in your spirit.

Why do I bring this up around the subject of gratitude?



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

Because the hardest time to be grateful is when you are truly worried about someone and you feel powerless. This is a way to find an internal and spiritual power to help them when you are not able to help in any other way. As soon as you pray on their behalf, the think of a couple of things you are grateful for having to do with them. They may be very small and they may be extremely hard to believe you will lower your expectations enough in order to be grateful for that but...gratitude for someone is a powerful thing. It is a way to bless them and make it easier for them to align with the prayer you just prayed for them.

Prayer:

Lord, may I please be part of the solution that You have for this world. I want to participate in Your world and in Your will and bring heaven to earth so that the things we talk about and that I pray to change will come to fruition. I want to participate in their change. Please prepare me and show me how.



Day 19

Exploring: Not making sense of it all

Hebrews 12:26-28 “He has promised, ‘Yet once more I will shake not only the earth but also the heavens.’ This phrase ‘Yet once more,’ indicates the removal of things that are shaken – that is, things that have been made – in order that the things that cannot be shaken may remain. Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe,”

As we have seen so far in this study, gratitude has very little to do with our circumstances. Instead, it has much more to do with knowing who I am and what I am all about.

If you go through life under the assumption that I make no sense and you aren't sure if you can trust Me then it will make for a much more difficult life. This is, unfortunately, the case for many people. People tend to be skeptical of Me, trying to make sense of what I do rather than taking the approach of saying “I know that God knows what He is doing” and remaining in that truth even when things don't make sense.

If you know that I know what I am doing, then the verse here will be much easier!

As I shake not only the earth but the heavens, if you try to make sense of Me, you will find yourself holding on to the things that are being shaken, which is a very uncomfortable way to live. If, instead, you let go of anything being shaken, knowing I know what I am doing, it will be much easier. Let go of the things I want to remove from your life!

How?

Notice what I am doing. Notice what seems to be pulling away, what doesn't work like it used to, what doesn't give you joy like it used to, or what actually hurts you that you wish you could let go of. Notice these things.

Then say the words “God, I know you know what you are doing.” Then if you can muster it up go a step further and thank Me for removing the very thing you are trying to hold onto (possibly for dear life). “God, thank you for taking _____ away from me. I know it may not make sense to me, I know I use it as a safety blanket and it is time to let go, please help me let go.”

Saying this is obeying my command to:



1 Thessalonians 5:18 “give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

...and you know how much I love it when you are obedient.

Let me shake up your life. Don't think that you are going to have to handle everything that comes your way, whether it is more blessing than you can handle, or a period of being pruned so that more growth is possible....you can do all things through Christ who gives you the strength you need to handle blessing and challenges (Philippians 4:13).

Then, best of all turn your attention to the bigger picture items that inform all else.

Luke 10:20 “..rejoice that your names are written in heaven.”

And

Today's verse Hebrews 12:28 “let us be grateful for receiving a kingdom that cannot be shaken”

As I take away anything shakable you will discover that you hold on more strongly to the kingdom and Me – neither of which can be shaken! Then life will feel more like you have built it upon a rock rather than sand (Matthew 7:24-27). When you feel that you are standing on the rock rather than on sinking sand you will discover that being grateful and expressing it in this world is much, much easier because you know, with confidence, that no matter what happens, I am there with you and I have a plan and it is a good plan. It may not make any sense at all to you in the interim, but it will in the end. You can trust Me. It is safe to trust Me. Reach out your hands and receive the very thing that I want you to have more of...the very thing that you want more of...Me. Know that I am good...better than you can ever ask or imagine, and that what I want is absolutely the best thing for you and for us and for the kingdom of God and the earth. It all coincides.

When you have questions about why certain things happen the way they do, start with “God, I know that you know what you are doing” and then ask the question “can you explain to me why this happened? Can you help me see Your plan so that I can handle it better?”

Prayer:

Lord, this world is never going to make sense to me. I was not made for it. I am a sojourner in a foreign land and so I will never fully be able to make sense of it. Help me let go of making sense of things, and help me hold onto You instead. It is a much better way to live! It allows me to stop processing thoughts over and over and over again in my mind because I



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations

know that You are taking care of them for me. Thank You Lord that it makes sense to You and You will take care of all the details and I get to enjoy You as we walk in this life together.



Day 20

Exploring: When things don't make sense

Isaiah 55:8 “For My thoughts are not your thoughts, neither are your ways My ways, declares the LORD.”

Why is this important to know?

Because when things don't make sense you can at least understand why they don't make sense.

It pains Me so much when you are in pain. When you have lost someone you love dearly, I feel that loss even more than you. When something happens in this world or around you that hurts, I feel the hurt even more than you do.

There is so much going on behind the scenes of every question you have for Me.

I have great plans for you (Jeremiah 29:11) and these plans have to be balanced with your free will and the free will of others. On top of that there is opposition to Me and My plans, which actively tries to block My plans for you. With all of that combined things can get tricky from time to time and so they don't make sense. In addition to that, we all know that the times of the greatest growth are the times that come from failure or difficulty...and so that is also factored in.

There will be a time, when all will make sense and you will live in the experience you so desire. Stay close to Me so that you can experience this when the new heaven and the new earth have been brought to completion.

When you can't make sense of what is happening or why something is going the way it is...come closer to Me. That is where you will find your answers or at least some peace.

Everyone is trying to figure Me out, but I am really easy to figure out. I am love and all that I do is out of love. My greatest priority is to bring all of My children home to Me for all eternity. I will stop short of nothing in order to do this. I will not hold back any difficulty, hardship, joy, peace, love, or opportunity in order to make sure as many of My children come to know Me while here on earth as possible. And, if I see that someone will stray away from Me...wouldn't it make sense for Me to take them home to Me while they are here in My arms?



Human beings are not made to understand death. I did not create the world to experience death...but with sin comes death and so that is the current experience, but it will not always be. Eternal life means that death is completely erased and you will never again have to mourn the loss of someone you love.

When something doesn't make sense to you...lean into Me and find out more about what I am doing. My desire for you is to increase in love for Me and for those around you, to come home to Me for all eternity, and for you to bring others with you. The things that get in the way of that are real and have to be addressed but keep these basics in mind and a lot more will make sense to you.

Any hardship and difficulty for you or anyone else in the world has one purpose. To bring you closer to Me. No matter what the enemy does to you, it cannot separate us unless you allow it to. Know that in every challenge you face, that I am there bringing good out of it (Romans 8:28) and I will not allow it to take you under...and you will begin to know My thoughts and My ways much more clearly!

Prayer:

I repeat much of the prayer from yesterday Lord because I know that when things don't make sense I have such a strong desire to bring them all together and I try to control things so that I can make sense of them. Help me let go of needing to make sense of things and help me trust You instead.



Day 21

Exploring: Changing old habits

Mark 2:22 “And no one puts new wine into old wineskins. If he does, the wine will burst the skins—and the wine is destroyed, and so are the skins. But new wine is for fresh wineskins.”

Today is a day to be very honest with yourself. If you have lived a life that has not included a lot of gratitude there may be some very good reasons for that and these reasons are like old wine skins that need to be made new so that the new wine (gratitude) can be put into the new wine skins.

Of course, everyone wants to be happy. Everyone wants to experience gratitude....except when there is fear of what will happen if they do.

What experiences in your life gave you a negative attitude toward yourself or other people who are happy or full of gratitude. They are so prevalent in society and may impact you subliminally. Things like:

- The belief that someone who is joyous is not very smart and smart people tend to be serious, introspective, and somewhat melancholy.
- The saying “fat and happy”...and neither of these are considered good traits in this saying.
- Being happy means you need to do things you don’t want to do – being sad or depressed or not feeling well allow you to get out of the things you don’t want to do.
- Someone told you said “wipe that silly grin off your face”
- You were really happy one day and you experienced a tragedy or trauma soon thereafter.
- You were laughing or playing as a kid and told “children are to be seen and not heard”

These are a few examples but what is true for you. What are the negative connotations you have with being happy or grateful?

Simply put these before Me and know that I will take care of them. Write them down, hand them to Jesus and allow Him to heal them. If He needs to go deeper with you He will let you know.

Know that your old wineskin was refreshed into a new wineskin and now you are able to put new wine into it. The new wineskin is the ability to hold gratitude without bursting like an old wineskin. The new wine is the joy of the Lord being your strength.



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

Nehemiah 8:10 “Then he said to them, ‘Go your way. Eat the fat and drink sweet wine and portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.’”

The important part of this verse for you in this very moment is the end...do not be grieved. My joy is your strength. Let My joy flow through you and I will give you strength to do all that you are here to do and to resist all that you are not here to do.

Prayer:

Lord, there are so many distractions and so many things I want to line up perfectly so that everything will work out the way it should be, but Lord, this takes me away from the joy that I experience when I trust You with my day to day and moment to moment. I want to be in your presence on a moment by moment basis and yet I believe I have a place to go, something to accomplish, a time to be fully with you somehow at some point in the future but...that is the mistruth of the situation. The truth is that You are right here with me, all of the time. I lift my eyes unto you and seek your face (Psalm 123:1).

Amen



Day 22

Psalm 118:24 "This is the day which the LORD hath made; we will rejoice and be glad in it."

If you do not actually believe this to be true, please do not force it. Yes, there is a place for positive thinking and I strongly recommend reducing gossipy conversations that bring negativity (Proverbs 20:19 and Proverbs 16:28) and also I recommend focusing on the good things in life (Philippians 4:8) but if there is a reason why you wake up each morning and dread the day, then it needs to be explored because life is not to be lived this way. Life is designed to be abundant even in difficult circumstances.

There are many things that can make life not feel like this verse says...that make it difficult to rejoice. Some are circumstantial. If you are surrounded by people who talk all the time and gossip....if you are in a toxic personal or professional environment, notice this and then come to Me and find out what to do. Am I teaching you how to be positive and persevere in difficult circumstances or do I want to move you. Are your own words positive or have they deteriorated into negative thinking...or...worst of all...are you at the center of the negativity and I am not able to move you elsewhere because you will bring this toxicity wherever you go.

Be honest with yourself and with Me. Don't take on something that is not yours, but be honest if you are a part of the problem...that is the easiest one to handle because you cannot change anyone else but you can change yourself.

There may also be other reasons...health issues, lack of proper nutrition, lack of proper exercise...the need to get out into nature more often, the need to have time with Me and to worship, remembering the good things. There may even be a vitamin deficiency of some sort. Explore and keep exploring until you find what needs to happen in order to wake up and actually believe this verse....we will rejoice and be glad in it – not because we have to out of obedience but because you actually find joy in waking up and knowing that you and I have the whole day together.

If you want help figuring out what is at the root of the issue, there is a lot of help available. Find people who really know how to pray and hear Me as well as talk to Me. Then ask them to be really honest with you and get to the root of the issue. Tell them not to hold back at all and yet to be gentle with you and then give Me permission to reveal all that needs to be pruned or enhanced in order to bring joy into your life.

It can be a difficult road but it is the best one to be on because it leads where you want to go. Let Me lead you into a place of gratitude and praise where this verse comes to life for you every single day.



If you already wake up and feel this way and rejoice that you have the day – thank you for being so close to Me and allowing Me to bring abundance into your life, day to day. I love that you have done this and I love walking with you each and every day.

You are all My beloved children. If your life is not yet good....we aren't done with it yet!

Prayer:

Lord, I know that each and every day I have needs, desires, and things that pull at my heart. I don't even know how to discern what I truly want sometimes but You tell me to rest in You (Matthew 11:28) and this is where I will find rest from being so weary. O Lord, I know that You are good, that all you do is good. Help me hold on to You above all else so that I will be privileged to know You so fully that You will become a part of my life in all aspects of this world. May I know You better so that all the promises in the Bible will come to fruition in my life?

Amen.



Day 23

Exploring: If I ask for it...it won't happen

Mark 11:24 "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."

There are so many people who have an internal vow or belief that if they ask for what they want they will not receive it. It normally comes from having this experience when they were young. Parents inadvertently choose not to give their children what they know they want because they are afraid of spoiling them and this causes the children to make a vow that they will not ask for what they want because it means they will not get it.

Is that true for you?

Do you hide who you truly are because if people find out they will ridicule you or make it impossible for you to be yourself?

Do you hide what you want because you have to sneak around to get what you want and if others find out they will somehow block the way for you to receive it?

Do you hide?

Do you believe you will never be enough?

Do you wish you were someone else?

If so, let's pray this simple prayer. They are normally all related to the same thing...parents who did not know how to nurture their children into being the man or woman of God that I intended them to be. Yes, you cannot give your children everything they want – you have to give them the things that are good for them. Yes, you need to be able to help your children find a path in life that will allow you to be a functioning adult, however, there needs to be room for one's dreams also.

Pray this prayer "Lord, please forgive me for the vow I took at a young age when I was hurt or angry that someone in authority withheld something very important to me. I vowed that I would not ever let people know what really mattered to me because then they could have power over me by making it impossible for me to get what I so deeply wanted. Lord, You are a good God and you give good gifts to your children, and I am one of your children. Forgive me for the vow that I took that causes this Bible verse to "break" because it is impossible for me to believe that I will receive something that I truly want. Lord, forgive me and break



this vow and all related vows that I said over all the years of my life. Set me free in Jesus name and by His power.”

Then follow up with this “I forgive myself for making this vow and trying to take control so that I would not be hurt in the future. I forgive myself for not even looking at what I want within my own self because of these vows that I made. I forgive myself for not truly trusting that God is more powerful than my parents and He could give me anything He wanted to if I had allowed Him the time and space to turn my parent’s hearts toward Him and see the errors of their ways. I forgive all who are involved. Jesus, please fill my heart with desires that are good for me and for all the people around me. Bless me with Your love and your desires and then, when I ask, help me truly believe they will become mine. Help me be clear on what I want and what I do not want. Help me not ask for what I do want because I think it is what I can get. Help me, instead, ask for what I truly want and then trust You to give it to me. You created me with wonderful desires Lord, with wonderful dreams Lord and you will give me the power to achieve all that I am here on this earth to achieve – not out of striving for your love but out of living out the very desires of my heart. Thank You Lord for making it possible for me to break the vows that I made that have held me back my entire life. Thank You Lord for being a good God who gives his children all that is good for them. Thank You Lord.”

As you pray this, know that what I want for you and what you want for yourself are perfectly aligned and go live that incredible and abundant life!

Prayer:

Thank You Lord for the amazing work You have done in me today. Thank You Lord for Your presence and Your love and might. Thank You Lord for all that You do each and every day. I am so grateful for the abundant life You have promised. I receive this gift fully and completely on this day and each and every day to come.

Thank You Lord for abundance in every aspect of my life!

Amen.



Day 24

Exploring: If I ask for it...it won't happen (continued)

Mark 11:24 "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."

There is so much in this verse I wanted to share more than one day on it.

Have you heard the saying about waiting for the other shoe to drop....meaning – if something good is happening you are waiting for something bad. This is one of the things that causes more abundance and life to be sucked out of My people than most other things in the world. Just because something bad happens after good things happen in the past does not mean that it is a pattern or that the good caused the bad. That concept goes against the verse:

Romans 8:28 "And we know that for those who love God all things work together for good, for those who are called according to his purpose."

This means that you should have the opposite attitude. When something bad happens you should immediately expect something good to come from it. Of course bad things are going to happen in life, that is part of life (John 16:33) but if you focus on them then you are focusing on the wrong thing. Focus instead on My love and how much I want you to experience life, abundant life. Your brain struggles with looking for the positive and it tends to go toward the negative that is why there are so many verses about thinking positive things, not being anxious, not fearing, and, in particular, about receiving and giving love. Love is the most powerful way to counteract any negative thought patterns. You cannot love and fear at the same time.

Tomorrow I will share even more about the subtlety of this verse.

Prayer:

Lord, prepare my heart for the additional messages you have for me around this verse and others. Help me come back to You for Your wisdom and insight on a daily basis so that I never lose track of what is important. Oh Lord, You are the light of the world. You bring wisdom, knowledge, clarity, and abundance into each and every day.

Thank You for showing me the mysteries of the Kingdom as I seek You each and every day.
Amen.



Day 25

Exploring: If I ask for it...it won't happen (continued)

Mark 11:24 "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."

Many people believe that I do all things through other human beings. This is My preference of course, not because I am not able to do things Myself but because I like sharing the kingdom with as many people as possible and this is one way to do it.

When you get to bless someone else though doing work for Me or sharing My love with someone else, it increases your faith, it helps you see Me in new ways and it encourages you to see how good I am. Plus it is a lot of fun!

But, when there are not enough people around to do My work, I am not going to allow My children to suffer just because people are not there to do what I ask them to do. Instead, that is where I rely more upon the angels, cloud of witnesses (Hebrews 12:1), dreams and visions, and "coincidences" also known as divine appointments in some cases.

The reason I bring this up is that some people believe that when they ask for something they will need to participate in making it happen. This may be true, but that is only the case if it will build your faith and be more fun for us. In some cases I want to simply do things for you. Do you experience that sometimes...that you simply want to do something for someone else because it feels good or you would like to simply do something nice for someone. It feels good a lot of times to support someone who is in need, or someone who isn't in need but will enjoy you doing something for them. As human beings you like to share your blessings with others. You like to be generous. It is simply a part of being human beings (one of the best parts). So, when you ask for something, yes, believe it, but then let Me show you how it will come to be. Let Me be the one to lead on it. If you jump in and make it happen then I will pull back and let you take control, but if you leave it in My hands I will show you the way to find what you truly want and I will do it in a way that you are not able to make happen.

So much of the fun in our relationship comes from Me getting to show you and give you what you want. It is fun for Me and it is fun for you.

You don't have to work quite so hard at making all of your dreams come true...but it does require trust...preferably patient and long term trust. This is where the real fun begins...when you trust Me so completely and for such a long time that I can really work!



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

Gratitude comes in from thanking Me even when things don't seem to be going toward your dreams knowing that:

Isaiah 60:22 DRB "I the Lord will suddenly do this thing in its time."

Just thank Me as things happen, and even when things don't seem to be happening – in full trust that I bring good from everything and I give you every good thing!

Prayer:

Oh Lord, You are so dear to Me. Thank You for all that You have already done for me and all that You will do but more than this, thank You for who You are. You are deep and loving God who wants nothing more than for me to experience the fullness of life. May I walk alongside You today where there is life everlasting, joy unspeakable, power and strength beyond my own comprehension. May I remain close in Your presence and in Your arms.

Amen.



Day 26

Exploring: Being responsible

Another big killer for gratitude and deepening our relationship is the need to be responsible. Yes, it is true that I want you to be a responsible human being and I want you to take responsibility for all the things it is your responsibility to take care of but...

Proverbs 3:5 “Trust in the LORD with all your heart, and do not lean on your own understanding.”

When people begin to truly live this verse they often bump into the feeling of irresponsibility. They think that if they trust Me for everything they will discover that their whole life will fall apart because they are not longer in charge, in control, or responsible for themselves and all the people around them but...this is not how I created you.

I never created you to be independent. I never created you to take responsibility for things on your own. I created you to depend upon Me, to love Me, to let Me love you and to trust Me. This is a much more challenging way to live than trying to control your life (in the short term any way – in the long term it leads to health problems due to stress).

So...as you learn to walk in gratitude, you may find it easier if you tackle the issue of feeling irresponsible when you trust Me for everything. There is only one way to get through this feeling of irresponsibility...continue to hand everything to Me, trust in Me and give Me time to work. In today's world of getting everything you want instantaneously you will have to work on the muscle of patience. But it is well worth it. I have so much fun with My children who find patience – I am able to do so many amazing things in their lives and in their world.

So, feel irresponsible. Follow Me and notice that many people would have told Jesus He was being irresponsible! Crowds of people would be waiting for Him and wanting to talk to Him and He would go to a mountain and pray (Mark 1:35-38). Now that is shirking your responsibilities for sure right. Or what about the time He stopped to talk to a woman who had an issue with bleeding on the way to raise someone from the dead (Luke 8:40-56). Didn't He have his priorities wrong? Shouldn't He have hurried? Or what about Lazarus. He allowed Lazarus to be in the grave for days before He raised Him from the dead. John 11:17 There are so many examples...just ask the Pharisees!

Be irresponsible in the ways I tell you to be irresponsible...and see what happens. And be responsible in the ways I tell you to be responsible...and see what happens.

And if you get it wrong sometimes as you practice – don't worry! I've got your back!



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations

Prayer:

Lord, thank You that you are so forgiving and loving and You love when I play in your presence and in Your guidance. I love You Lord and I will not hold back from trying new things in the Kingdom for fear of failing. I embrace the promises You have given me and know that all things are possible with You (Philippians 4:13). I love You deeply Lord.

Amen



Day 27

Exploring: My love versus love in this world and how it leads to gratitude.

Psalm 136 “give thanks to the God of heaven, for His steadfast love endures forever.”

This whole psalm is powerful. It is about thanks and My love, and the combination go together so strongly. If you live your life with the true and honest belief that My steadfast love endures forever, and if you have a good sense of what love truly is, you will be sustained for your entire life in My goodness.

What gets in the way of being sustained and feeling empty or without the space to have gratitude? As we have talked about early there can be many things that can get in the way of gratitude. Here is one more, consider whether there is anything to this for you specifically...and open up the wells of gratitude that naturally flow from within.

Sometimes you are loved in a way that is not very loving and you believe that is love. It can be a parent or relative who takes advantage of you, or it can be a person in a position of authority who uses this authority to get you to do something you don't want to do. There are so many ways love can be skewed by the people in your life. It can be skewed by someone who says they love you but treats you shamefully and then blames you, and the hardest one to handle for many is when someone proclaims they love and follow Jesus, they proclaim they love you, and they hurt you through their actions.

What is true for you? Are there any people in your life who have said they love you and yet have not treated you in a way that lifts you up, builds you up, edifies you and makes you love the person you are? Are there people who have taught you that you should beat up on yourself in order to be the best person you are, when, instead, they needed to love who you are and help you fine tune it to be the person I created you to be.

Do not be angry with them, even if they hurt you deeply, because that anger simply eats away at you, and not them. Instead, if you really want to get back at them, bless them, love them, and heap “burning coals on their heads” (Romans 12:20-21). I don't tell you to do this for their benefit. I tell you to do it for your own benefit. When you forgive (Matthew 18:21-22), when you love your enemy (Luke 6:27), when you bless those who abuse you (Luke 6:28), and even pray for those who abuse you (Luke 6:28) it has absolutely nothing to do with them. Of course, do not put yourself in situations where the abuse or cursing continue, but the point of these verses is not what they have done to you, it is the posture of your own heart.

I want you to have a clean heart and mind, not filled with hatred and vengeance, but with love, joy, peace, patience, kindness, faithfulness, gentleness and all good things like this



(Galatians 5:22-23). I want you to have a heart and mind filled with generosity (Deuteronomy 15:10-11) and not hatred or wanting to take something from someone else.

How does this impact gratitude.

When you live under the misconceptions of human love that is based upon human sin and imperfect love or when you measure love by the way you were loved, particularly if it was a hurtful or lacking love, you limit the size and strength of your heart to be able to love and receive love the way I intended. Let go of anything that can or has happened to you in this world. I know this is a big ask and I know it may take a lot of prayer, inner healing, and My love and grace...it may even take years to get to a place where you can truly forgive and let go of all that was done to you...or it can also happen in an instant. Don't hold onto what is bad and hurtful, trying to get what is coming to you or what is due to you! Let go of what is bad and hurtful, turn to the arms of Jesus and receive His perfect love. He can heal ANY thing that has happened to you. He can fill anything that is empty, He can redeem anything that needs to be redeemed.

Do not limit yourself to what is possible in this fallen world, instead, raise yourself up to the heights of heaven and receive what is available there. Forgive without expecting anything in return. Do it for yourself. Bless those who have cursed you – never expecting a blessing from them. Pray for those who have hurt you – never expecting any gratitude or any change on their part.

And turn to Me for the perfect love that you desire so greatly. And you will find it!

I love you so deeply that you can live your life upon it. I love you so deeply you can stake everything in your life upon My love for you. I love you so deeply that you are able to do what I am asking you to do.

Reframe what love is by being loved by Me, receiving My love, forgiving completely, praying for, blessing others, and allow My love to flow. You raise yourself out of the sinful world and put yourself up in the heavenly realm when you do this...and that is where you want to be!

I love you dearly.

When love flows dearly into you and then through you and returns to Me there is so much overflow that you are able to love every single person around you...even though who have hurt you....and you will sense gratitude and thankfulness within you that you never experienced before. If you don't feel this then find someone who knows how to pray, someone who is able to help you seek My voice, someone or multiple people or groups to



pray through the pain that you suffered so that you can break free from it and live in My love...and experience the gratitude welling up from the inside!

Sherri: I am writing this while visiting a friend's home in Boise and I am in my favorite room in her house. It is my favorite room in her house because each time we stay with her I have a powerful God visitation or experience and it is usually in this room. I have been in this room many times on this visit already but just this morning I saw something I had not seen before... a rock, about 8 inches in diameter, with these words carved in it:

"I love you – Written in stone"

God is confirming the very message He asked me to write this morning. Know that it is true for you also. His love is not only written in stone, it is written in Jesus hands and feet (John 3:16) and it is written on your heart and your mind (Jeremiah 31:33).

Prayer:

Lord, sometimes I do not understand or believe that Your love for me is true but it is the most important thing that will ever exist for me in my life. Lord, thank You for loving me. I love You deeply with all my heart, soul, mind and strength. May I experience more of Your love in my daily life so that I can live the destiny You have for me. I know Your vision is so much greater than mine and so I welcome Your love into my life so that it may all come to fruition.

Amen.



Day 28

Exploring: Sadness and Mourning as they relate to gratitude

We have explored so many things that make gratitude much harder and one that can often cause issues or questions for people is simply that they are sad, mourning, or grieving for someone.

Gratitude is not something that can be forced, although it can be encouraged. You cannot force yourself to be grateful for something but you can force yourself to spend time looking at what you are grateful for in a day.

Matthew 5:4 “Blessed are those who mourn, for they shall be comforted.”

Any emotion can be processed in 90 seconds, and they can take much longer if you try to avoid them.

It is like the Israelites traveling through the wilderness before reaching the Promised Land. The journey was actually a fairly short journey, only 3 days, but it took them a very long time because they did not process what they were to be doing in the desert. Instead, they focused on the wrong thing.

You have a choice not to make this mistake.

When you are mourning, you are sad, you are feeling the loss of something or someone. This is okay. Allow yourself time to mourn. Don't force it, and don't try to look sad when you are not in order to satisfy other people's expectations of your mourning or grieving or sadness but simply experience your own however it shows up. It will vary greatly depending on the day, circumstances, and your own process. Allow it to ebb and flow along with the other emotions you will have throughout the day like gratitude, happiness, blah, boredom, excitement, interest, melancholy, etc.

You can be grateful and mourn at the same time. Normally these actually go together very well. You can be sad and grateful at the same time. You can grieve and be grateful at the same time.

For instance, if you are grieving the loss of someone you can grieve them and be grateful for various things that you experienced with them at the same time. If you are sad about not getting to do something that you really wanted to do you can be grateful that you enjoy things in life so much that it makes you sad when you don't get to do them. When you grieve



the loss of a loved animal you can simultaneously remember the times you got to play and have fun with them. These emotions all go together.

When looking at gratitude, you simply look at one side of the emotion. It can help lift you up if mourning, sadness, or grieving are starting to set in too deeply but, you can also take a moment and truly feel the mourning, sadness, and grieving for 90 seconds and allow yourself to fully experience the emotion...and then, not forcing the change but when you feel the sadness releasing, you can move yourself gently into gratitude.

Give it a try. The truth is that I am with you no matter what you are dealing with, so you always have something to be grateful for. You will be comforted in your mourning simply because I am there comforting, supporting, and loving you no matter what.

The truth is that the severity of most emotions has more to do with the fear that goes along with them...or the fear of something that might happen at a later date, rather than what is happening right now.

Allow yourself the emotion. Identify the fear you are feeling if there is anything, process the emotion, give Me the fear, and then receive My comfort, knowing I will be there at all times of your life and you will never be alone.

Welcome Me a little bit closer and you will feel the comfort even now.

Prayer:

Lord, come closer to me, now, throughout the day, and throughout the entire night while I sleep. Bring me into your loving arms and show me all that You desire for me to see. I want to know Your thoughts and Your ways but most of all I just want to experience what it is like to be loved by You.

Amen.



Day 29

Emphasizing: The greatest killer of gratitude. Fear.

We have already covered this subject somewhat but it is good to revisit it.

1 John 4:18 “There is no fear in love, but perfect love casts out fear.”

There is more to this verse but let's focus on this aspect of it right now.

Are you afraid of something?

Please take a moment and name it. Of what are you afraid?

Is this a fear you have that is present and imminent right now?

If so, what do you need to do about it? Ask Me into the moment, ask Me for wisdom, and ask Me for courage. Ask Jesus to come be with you right there in the fear right now and give you guidance of what to do. If you feel paralyzed and unable to do something, ask Jesus to come help you move, or do what you need to do to find safety.

Is the fear something that happened at a different time? Is it something that could have happened but didn't? Is it something that could happen in the future? Here is a time to receive My love and know that the thing that didn't happen, didn't happen because I made sure it didn't happen or the thing you are most afraid of will not happen the way you expect when you receive and invite Me into it.

If you are dealing with the fear surrounding a consequence of your actions you have the choice of being afraid of it and trying to act like you can avoid it or you can face it, with Jesus right there with you.

All to say, that when you experience fear, the thing to do is to invite Jesus to be there with you. He will change everything, regardless of the circumstances or what is happening and then you will experience His love and, if nothing else, you can be grateful for the love He has for you. That switches fear to gratitude.

If you are safe, be grateful. If you are warm, be grateful. If you are well fed, be grateful. If you have family around you, be grateful. If you do not have family around you, be grateful. If you are exhausted, be grateful that sleep will come. If you are excited, be grateful.

Awaken gratitude through prayer:



Dear Lord, You love me perfectly and there is no fear where there is perfect love. I can list all that I am afraid of or for but You already know what it is. Lord, I take a moment right now to invite Jesus right here with me. I take a moment to close my eyes and feel His presence or imagine that He is here with me. In this moment I take 30 seconds to receive a message from you...a word, picture, feeling, song, concept, vision, or a sense of something that You want to bring me.

Thank You Lord for being right here with me. Sometimes it is hard to tell the difference between my thoughts and what You are sharing with me but for this moment I am going to assume that what I just experienced was from You (as long as it lines up with the Bible and brings life to me and not a sense of more fear or death). Let me know if it was not from You.

Lord, I love you so much and I am grateful for this moment with you...If there is something I need to actively do to remove myself from a situation that is full of fear I ask you to be with me and help move my hands and feet in that direction. Otherwise, Lord, I hand my fear to You and know that you will take care of it and I don't need to. I will live this moment and be grateful for what you are doing and what you have not yet done.

I love you Lord.

Amen.



Day 30

Emphasizing: The greatest encourager or gratitude – Praise

Psalm 92:1-2, 12-14 “It is good to give thanks to the LORD, to sing praises to your name, O Most High; to declare your steadfast love in the morning and your faithfulness by night...The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the LORD; they flourish in the courts of our God. They still bear fruit in old age”

This is a great poem of gratitude. It shows that giving thanks to Me and singing praises to Me in the morning and stating My faithfulness by night leads to the very things that you end up writing down when you write down what you are grateful for:

- To flourish
- To be in the house of the LORD
- To flourish in My courts
- To bear fruit even when you are old

You want to flourish.

You want to experience the fullness of My blessings.

This is all good and it is what I want for you also.

So, on the days when you do not naturally feel gratitude from within you can ask for help. You can call to you the angels and the saints, the cloud of witnesses and the Holy Spirit and ask them to help you praise Me and give thanks to Me.

When you feel the darkness surrounding you or closing in on you, you can give a sacrifice of thanksgiving – you can thank Me even when you do not feel it inside but know that you will never be alone when you do this. I will always be right there with you, helping. I will always send angels to minister to you and help you give Me praise for that is good and it lifts your spirits.

Know that when you thank Me and praise Me you are changing your very experience in this world.

When you see darkness and evil in this world, ask me for help. Stop for a minute, tell Me that you see evil, that it hurts you, that you want to do something...and then look up and see My face and see what I am already doing and join Me.

It may be prayer, it may be physical attention, it may be words of encouragement, it may be rescuing but if you look to My face to see what needs to happen then you will know that you



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

have done what was absolutely best in that moment in time....and then you can express gratitude for being able to do what I asked of you and what was best for that person at that time.

Keeping your eyes and ears open to Me, giving Me thanks and praise...these are things that draw us closer and when you are closer to Me you find that your outlook on life is better.

Prayer:

I love You Lord and want to be closer to You. Show me how. Be with me and help me draw near to you. Help me remember to look up at your face and see what you are doing so that I will be able to join in with you and truly make a difference in my life and in the lives of others...bringing gratitude to my own heart and to the hearts of others.

Amen.



Day 31

Exploring: Leaning in

Proverbs 3:5,7,8 “Trust in the LORD with all your heart, and do not lean on your own understanding...Be not wise in you own eyes; fear the LORD...it will be...refreshment to your bones.”

Things will happen in life that will give you the opportunity to lean in to Me further or “pay attention to the reality of the situation and make a better decision”.

Lean into Me.

Yes, you will be able to make better decisions if you look into My word and see what it says about all the things you need to decide about. I am not asking you to shut off your brain or your free will. I do not do that! But what I am asking you to do is...when something goes differently than you expected and you have a knee jerk reaction to wonder if you can trust Me and decide whether I am good or not...resist the reaction and, instead, lean into Me more.

I know it feels counterintuitive. It is like standing on the edge of a cliff into the most beautiful valley you have ever seen, a valley you have dreamed of for so many years that your heart jumps alive when you see it and you don't see a path that takes you into the valley, yet you know there has to be one because I would never create this type of a dream of this type of beautiful valley and not allow you to experience it. So...you have a choice to stand there at the edge of the cliff and search until you see the path all the way to the bottom of the beautiful valley where the stream of water nourishes the land...or you can jump into a harness and connect it to something at the top of the valley to make sure you don't accidentally fall it...or you can ask Me where to put your first footstep, wait until I show you the first step, and trust that I will show you the next one.

When you don't take action in your life there are 2 reasons:

1. I haven't told you to take action yet.
2. I have told you and you aren't sure if you are willing to take the risk.

It is important to differentiate between the two because if you attempt to take a leap of faith when number 1 is true then you will be taking a leap into the unknown that I have not shown you. Of course, I will catch you no matter what because I love you but...if you can discern between numbers 1 and 2, ignoring everyone around you telling you to take a leap of faith when you know you are supposed to wait or vice versa...then you will better be able to experience the journey into the gorgeous, life giving valley that you so deeply desire.



How does this impact gratitude?

When something happens in your life that you don't like or doesn't go the way you expect well then, you have a choice. Lean in and find the natural gratitude that exists or lean out and force the gratitude – convincing yourself that I am good and can be trusted.

Leaning in is much harder to decide to do – it takes the risk...yet, the moment you decide to do it, it becomes the only viable option.

So lean in, feel the gratitude open up and know that I WILL take care of every situation that you face. Every single one! I promise you this. I will put people in your life to help you through, or I will send angels to minister to you, or I will give you a dream or a vision or picture of where to go next. I WILL take care of every situation even when it feels impossible.

I am the God of the impossible.

Prayer:

Lord, I have a choice to trust you today and lean in like I have been or to pull back and seek the feeling of safety...I want to lean in and trust You. Will you help me do this. Will you help me live this verse:

Psalm 91:14-15 “Because he holds fast to Me in love, I will deliver him; I will protect him, because he knows My name. When he calls to Me, I will answer him; I will be with him in trouble; I will rescue him and honor him.”

Amen



Day 32

Hebrews 13:5 ESV “Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”

Being content with what you have is a spiritual practice that will pay off so much more than trying to accumulate and build wealth. There is nothing wrong with building wealth. Money is not a bad thing. The love of money, however, is a different story.

When you are content with what you have you discover that you can trust Me. You can stop striving for more and more, seeking more of everything including My love. When you strive you are actually trying to find more love. It doesn't matter what you strive for...it is always based on the desire to be loved.

You are loved!

It is impossible for Me to love you more than I love you and it is impossible for Me to love you less than I do. I am love and so, therefore, I love you simply because it is who I am. It is not based on who you are or what you do. It is because I am love and it is what I do.

Rest in My arms, know that you are loved deeply, completely, with the fullness of who I am. Rest in Me and know that I not only love you but I love to take care of you. When you ask Me for things I am not experiencing you as an imposition. No, I love when you ask me for things. I love when you involve Me in your day to day life. Know that I enjoy giving good gifts and be content with what I give. Enjoy the desires of your heart and do not try to make them greater or smaller than they are...they are simply desires of your heart that are unique to you. They don't have to be bigger than they are and they don't have to be limited by the expectations of what is acceptable to other people.

But know that the deepest desire of your heart is Me.

Therefore, as you search for and learn about gratitude, simply receive what I am giving to you today and enjoy it. This is where joy and peace come from. You don't need anything beyond what you need. I know what you need. You know what you need. Come to Me and we will share in this experience you are having together and I will bless you.

Normally when gratitude is not flowing naturally or when you experience lack it is because your love receptors are blocked in some way and My love and My provision is not making it to you. So focus for a moment on letting Me love you. Receive My love and all else will flow naturally, including gratitude.



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations

Prayer:

Lord, I am so grateful that You love me. We both know all my mistakes and shortcomings and I ask you to forgive me for every single one of them. I forgive myself for every single one of them and sit, right now, in Your presence and in your love and in your acceptance of who I truly am, separate from my actions, choices and sins. I am not my sin. I am a child of the Most High King! Lord, I take a few moments and simply receive Your love. Thank You! Please help me find contentment in trusting You!



Day 33

Exploring: Being honest with yourself and God

Jeremiah 29:11 “For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.”

When you are honest with Me and yourself, you can experience gratitude much more easily. For instance, if you think you want to figure out your own path and your own life and if you behave accordingly but what you really want is for Me to show you your path and guide your way you will experience confusion and uncertainty as you attempt to navigate your life.

If you think you want a spouse and a family and yet what you really want is to not feel lonely as much of the time then you are tackling the wrong problem with Me and you won't find either, no matter whether you find a spouse and a family or not.

If you think you want more of something, regardless of what it is, but it is not actually what you want, then you will experience a sense of having what you think you want but it will not satisfy you.

Human beings tend to want a great deal of guidance from Me and yet they also tend to rebel or resist that very guidance. This is why I ask My people to submit to Me and to lay down their lives a living sacrifice (Romans 12:1)...it is not because this is what I need, it is because when you lay down your life as a living sacrifice you remove the rebellion and resistance and you can receive My very direct guidance and support.

You will find that gratitude flows much more easily when you spend some time with Me looking at what you actually want, not what you think you want or have been taught to want. You can certainly be grateful for what you have because all gifts from Me are good and expressing that gratitude even when you don't feel it completely is still a good thing. But if you are able to know more clearly what you want, and express that to Me, and then reduce your resistance toward Me helping you achieve what you want (or let go of it if it is not in your best interest and I have something better for you) then you will find gratitude flows from deeper parts within you and less from your mind or willpower.

Prayer:

Lord, I don't always know what I want and I need help even figuring this out. Sometimes I know what I want but it is not what is good for me and I have to let go of it. Sometimes I don't feel safe asking for what I want and need your help taking a risk to even look at what I want. Please forgive me for resisting or rebelling against You. Please guide me specifically toward You know is in my heart and in my desires and help me remember that You are truly



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

what I want. I am so grateful to You for being here with me and showing me all the things that get in the way of true gratitude. I will be grateful for whatever You put before me because I know it is from You and, therefore, is good. You know so much more than I do and I need your guidance to even be able to navigate what I truly want and what is a good choice.

Thank you!

Amen



Day 34

Exploring: The greatest killers of gratitude.

Proverbs 3:3-4 “Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.”

Two of the greatest killers of gratitude are:

- Expecting life to be easy
- Focusing on yourself

Do you know why?

Because:

- When you expect life to be easy, when it is not you find yourself discontented and wondering what is wrong, which is the opposite of being grateful.
- This world is based upon the law of love, which can only be experienced with other people. Love is where you find your greatest gratitude and so when you focus on yourself you discover that love does not flow in a way that is satisfying and you do not experience gratitude.

As we near the end of this 40 day exploration of gratitude I want you to start looking at what you will do long term to keep gratitude in your life.

Start today focusing on these two points above.

Is your life hard right now? Know that you have not done something wrong that you are being punished for. Know also that sometimes I allow difficulty in order to strengthen your resolve and your ability to persevere. Know also that difficulty also can come from consequences from your own actions. If something is difficult right now, look at these possibilities and notice what is happening. Am I growing you? If so, you can be grateful for the growth. If you are dealing with consequences of your own choices then examine whether you need to repent, ask forgiveness or give forgiveness. Either of these will open you up for greater gratitude!

Are you focusing your life on yourself? I know that you are taught to do this. You are taught to look for what will make you happy, satisfied, the work that will cause you to be fulfilled. You are taught all sorts of self-help techniques and there is so much information on self-love and how to achieve it. Of course, some of this is important. In My greatest commandments I include (behind the scenes) that you need to love yourself...



Mark 12:29-31 “And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, “Which commandment is the most important of all?” Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

First, love Me.

Second, love your neighbor

The love for yourself is implied, not explicit. This is on purpose because it can be too easy to focus too much on oneself, either to love yourself too much or to hate yourself too much. Either way, your focus is on yourself and can easily lead to sadness and disappointment because you find satisfaction through interaction with others through love. I will go into this more tomorrow but for now simply notice...am I paying attention to God first, others second, and myself third? Is this the proper balance right now? Do I need to adjust. You can go overboard with the second and third easily and they have to adjust based on current circumstances.

Prayer:

Lord, thank You for reminding me that life is not meant to be easy and that loving You and others as well as myself brings great gratitude when I am sensing disappointment or uncertainty. Help me ascertain what is happening on the days when I do not feel grateful and shift my focus and attention on perseverance and loving you! All else will fall into place from here.

Amen.



Day 35

Exploring: Balancing loving yourself and others

Philippians 2:3 “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

This is a tricky verse particularly in this day and age of focusing on self-care, co-dependence, and finding purpose and meaning in life. But it is an important one to factor into the balance.

The laws of this world are based on true satisfaction and purpose come from loving and serving each other. If everyone loved Me with all their heart, soul, mind, and strength (Mark 12:30-31) every single other problem that exists in the world would be satisfied and resolved. What naturally flows from loving Me this way is to love yourself and your neighbors in a way that is healthy and satisfying.

But, in this world where loving Me this way is challenging because of sin, you find that things get in the way of living out today's verse. The truth is that you will always, naturally, be the most important person in your life to yourself. It cannot really be any different than this because you are with yourself 100% of the time. Therefore, having your focus move to Me or to others around you takes conscious effort.

The issue comes when you focus so much on other people out of obligation, trying to fulfill My role, or out of self-hatred or the desire to look good for other people. These can cause you to experience co-dependence, sacrificing yourself and not having your own basic needs met, or, worst of all, no space for Me to be God in your life or the life of the other person/people.

It is a balance but in today's cultures throughout the world there is a focus on oneself and your own happiness and less focus on counting others more significant than yourself.

I can show you how it creeps into your life and how to really make a huge change simply by changing a small mindset issue.

Next time you are shopping or driving, think about this verse and count others as more important than yourself. They are in more of a hurry than you are. The consequence of them not getting what they need at the store or getting it done in a specific amount of time is of greater importance than yours. Shift your focus from seeing people as “in the way” to “they are very valuable” and behave accordingly. Let someone cut in line at the store if that is what they need. Allow someone to merge into traffic. Give them grace when they make a



traffic error. Give someone else the last product on the shelf and trust Me to provide what you need.

This simple shift of seeing others as busy also and also very important is crucial to mental health. The more you see others as My children and the more you honor this, the more you will discover that you are more calm, peaceful, satisfied, and cared for yourself. Give it a try today. When someone feels like an inconvenience...treat them as more important than yourself and see what happens.

But be careful not to do it from a place of self-deprecation or to put the focus on yourself for all you are sacrificing. Instead, do it out of the deep love that you have for Me. When you are connected with the deep love that we share, gratitude, energy, favor, blessings, time management and so many other things flow much better!

You might be surprised how effective doing this is!

Prayer:

Lord, I love you with all my heart, soul, mind and strength. I take a moment right now to feel this love and experience the reciprocation of Your love for me, which I need so deeply each and every day.

Please show me how I can bless someone today, not from my own power but from Yours.

Thank You for helping me make this shift Lord. I can already feel the peace and clarity settling into my soul.

Amen.



Day 36

Exploring: God's love

1 John 4:20 “If anyone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen.”

Many people treat others as though they are in the way...they drive as though all the other people on the road are in the way and they wish they were not there.

This is not loving your brother.

Many people go through life feeling like there are too many people in the world and they wish there were fewer.

This is not true. The truth is there are too many people who do not follow Me and, because of that, there is great damage to the world. The land can support significantly more people than it does, and the space can handle many more people than it does, when those people follow Me because they are not grasping for more than they need, trying to make sure they are okay. They are not taking up more space than necessary.

Love your brother, be grateful for the people who surround you. When you drive, be grateful that the people who are there were created and bless them in your thoughts and in your prayers and know that someone else is out there blessing you at the same time.

When it feels like you simply do not like people because of any number of reasons...say a blessing over whomever you believe has too many people and know that each of them is My beloved child, no matter what race or nationality.

Be grateful for all the people in the world and you will find that you can love your brother much more easily.

Love and do not hate for I am in you and you need to be love more than you need to be hate.

This isn't about them, it is about you. Have posture of love and gratitude will come much more easily.

Prayer:

Lord, will You please help me love You and your entire creation even better than I currently do. May I love my brother even when my brother is making bad choices that may even hurt



SPIRIT CENTERED HEALING ARTS

Healing People, Families, Nations

me or my family. May I love You better and receive Your love better so I can be better in this world and enjoy the people rather than feel they are in the way or too much. When I read about the wealthy doing things that bother me, may I love them and bless them with Your love for them so that they will bring more of You into this world.

Thank You for helping me with this Lord!

Amen



Day 37

Exploring: A natural gratitude that lives within us

When you experience Me in a powerful way, or even as a still small voice throughout your day, a gratitude stirs within you that feels like joy, love, peace, and excitement for life all at the same time.

Read the stories in the Old Testament and see My power and My love and involvement with My people. Know that this is what I want for My relationship with you. Know that the story of the Israelites highlights that My people are exiles, set apart for Me but exiles in this land. This land will never feel like home fully for you. You will always have an internal draw for something greater and bigger. You will always have a longing for Me and all that I am in this world but that does not have to diminish the gratitude that you can experience while you are here.

Imagine being at the edge of the Garden of Eden, looking in and seeing the green vegetation, the beautiful trees, the rivers running through it. Imagine recognizing that it is the perfection that you have always desired and that lives within you. Imagine seeing Me in the middle of the Garden, right next to the famous trees you have read about in Genesis all your days. Imagine Me calling to My people, come closer, come in, it is time to come home.

Imagine the barriers of entry being removed completely and the gates open to allow you to come in. Anyone who wants to experience the Garden, anyone who wants to experience Me, anyone who is compelled to come in and explore the depth of the Garden and the relationship we will have together is welcome to come in.

You will, finally, experience the depth of love and relief that you have always desired. You have felt it at moments in your life when you truly believe in Me and the fullness of My promises.

Take a moment right now and imagine this moment when you are invited back to the Garden, to your home with Me where we will walk together in the cool of the day (Genesis 3:8).

As you imagine this you cause the new heaven and new earth to become more real and to move slightly closer to you (Revelation 21:1). Bring your friends and family. Invite everyone you can think of to come. Pray for them to be compelled and to join you in the Garden. You cannot force them, but you can help them see the beauty of the Garden and of Me and you can share with them what I mean to you and the gratitude you have for Me and they will



better be able to make a choice because they will see truth and not just what they have heard.

Take a moment and really experience these verses:

Isaiah 64:17-18 ESV “For behold, I create new heavens and a new earth, and the former things shall not be remembered or come into mind. But be glad and rejoice forever in that which I create; for behold, I create Jerusalem to be a joy, and her people to be a gladness.”

I am creating the new heavens and the new earth as we speak. This is why there is so much that is tumultuous right now. When opposition realizes it is time for it to pass away, it fights. When you move something out of the way so that something new can come in, it is tumultuous. But know that the new heavens and new earth are coming (only I know the time of course) and imagine what it will be like to be united, once again, in the very home you were created for.

From that place, experience the joy, peace, love, and satisfaction that you desire so badly. Experience the relief you will experience when this moment occurs in your life fully.

Come closer to Me. Come deeper into My Kingdom here on earth as it is in heaven and allow the gratitude to flow. If anything continues to block this gratitude find a prayer minister, a prophet, a healer of My Kingdom (do not accept someone less than a healer that is fully connected with and dedicated to Jesus) and ask for their help to remove anything that is in the way so you can experience this gratitude. Don’t stop until you reach a place of natural joy, love, and gratitude. Keep seeking Me and My full healing. This is one way I am bringing the new heaven and the new earth into being.

I love you dearly and want to walk in the Garden with you, even today, while you are still in the world where you are. It is possible. Come walk with Me.

Prayer:

Lord, I want very much to walk in the Garden with you today. I let go of all that hinders this and I connect with You through Jesus and Your Holy Spirit so that we can walk together, even as I work, do chores, play with my children, love the people You have entrusted to me and experience your love even more than I currently do.

Amen.



Day 38

Exploring: Joy and Gratitude

Psalm 16:11 ESVUK “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures for evermore.”

The key to gratitude is My presence in your life in every aspect of life in every moment in every way. I am with you at all times. It doesn't matter what you are doing, where you are, or whether you experience My presence or not...I am with you. This is the kind of God that I am. I am not stingy, I am generous. I am not a god you have to appease and try to get to come to you, I am there always, waiting for every moment when you want to connect with Me.

If you ever feel a lack of joy and gratitude think of today's verse. I make your path known to you. It may be a different path than you expect, it may take more time because I am teaching you great and mighty things along the way but I make your path known to you. You can count on this!

The moment you experience My presence with you, you can expect to experience the fullness of joy because that is what this verse says is true. There may be other emotions going on that are intermingled with it but the primary experience you are welcomed into when you turn your attention to My presence is the fullness of joy.

When you remain at My right hand you will find pleasure that is true pleasure. You will find that I am there with you, pointing out the things in life that truly have meaning. Not the striving or achieving but the true experiences that make life worthwhile...the things you will remember at the end of your life as having the greatest meaning.

I know you need to achieve things. I know you need success. I know you need a lot of things during your lifetime and I love providing those but that is not what brings joy and pleasure. What brings joy and pleasure is being in My presence.

Take a moment turn your attention to My presence. Where in the room or place where you are do you experience My presence the most. Don't worry about getting the answer right or wrong. There is no right or wrong in this case. Simply feel My presence and notice what happens to your mind, body, and emotions.

I am here with you!

Prayer:



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations

Lord, I love that you are here with me all of the time and that I do not ever have to experience a moment in life without you. Please help me remember to turn my attention to You and feel the joy, pleasure, and gratitude that naturally follows. Thank You for being such a generous God who does not need me to grovel to be in your presence, but relishes any time I turn my attention to you. Thank You Lord!

Amen



Day 39

Exploring: Your Passions

James 4:3 “You ask and do not receive, because you ask wrongly, to spend it on your passions.”

If you are also reading Awakening Power you will notice this entry is very similar to Day 37. This is on purpose because I want you to know there is a book about My power and also because I want you to really understand the importance of this verse, both for gratitude and also to experience My power.

When you do not feel grateful toward Me because I am not giving you what you desire, spend a few moments to consider the underlying desires. What is happening may be very subtle or I may be healing something in you. It may be that you don't even realize what you are asking is for your own passions but if you spend some time with Me and really seek Me out in the conversation, I will make it clear to you through your heart, mind, or some other creative way.

I am keeping today's entry short because I would really like you to take a moment and consider what you are asking for that does not seem to be happening and to explore the underlying reason so that we can become better aligned and you can experience a true gratitude for what I AM doing in your life rather than feeling that I am NOT doing something.

Yes, there are times when I ask you to be patient – there are lessons and valuable reasons why I ask you to wait....but, there is normally something underlying anything that you do not believe should be happening and it is not happening.

Give it a try!

Prayer:

Lord, I want to experience gratitude for the sake of gratitude and not for the sake of something else. Forgive Me for the selfish motives that underly many of my request. I try really hard not to focus on myself and my needs and yet I find myself there most of the time. Please help Me align with Your purposes, Your power, and Your desires. Help me know You better than I know myself so that I can desire what You desire even over what I desire. I fully trust in the verse that says to seek Your Kingdom and all else will be provided for me. It is hard for me not to be concerned for my own safety, provision, and wants but I trust You Lord. Thank You for making this possible.

Amen



SPIRIT CENTERED HEALING ARTS
Healing People, Families, Nations



Day 40

Exploring: Bringing it all together

Ephesians 3:20-21 “Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.”

So many people believe that they are the ones driving our relationship forward. They believe they sought Me first and came to Me. They believe that their growth comes from their desire to know Me better...and much of this is true when you think that free will is required in order to do that which I ask of you, however, the initial request comes from Me first.

When Jesus came to earth He specifically said “Follow Me” in many cases. He did not say, “lead and I will follow and teach you many things along the way”...which is what many people believe today.

Take a beat. Take a minute. Take a second if that is all you can handle and stop. You are three steps ahead of Me most of the time, wondering why you are not in the flow of the Holy Spirit. It is usually out of fear or doubt that you remain up there, trying to lead Me where you hope I will take you.

But, that is not what you have been asked to do. You have been asked to follow Me.

Take a deep breath and wait. Wait for Me to “catch up” with you and then take another deep breath and wait for Me to step out in front of you so that I can lead you where you want to go.

Gratitude is what comes when you follow in My footsteps, allowing Me to show you the very path to take. In today’s world you believe that you are only successful and okay if you are in control and you are leading the charge and being the one doing the work. But that is not what is asked of you. Practice using the muscle of leaning into Me so completely that if I move away (which I never will) you will fall. Lean in! Wait for Me to provide. Wait for Me to step in and act. Wait for Me to lead you where you go next.

Psalm 46:10 “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

I know it is hard to let go and allow Me to be at the center of your life and to know that the greatest reward you can receive is for Me to be glorified and exalted in the nations and the



earth. I know it is so hard to focus on Me instead of your life, particularly when you are afraid. You believe that if you can get your own life under control then you will be able to lift your eyes to Me and focus your attention there but this is the opposite of the way it works. As you lift your eyes to Me, seeking Me and My kingdom first...all else falls into place and you don't have to figure out your own life because I have it all under control.

I am a good God and I love giving good gifts (Matthew 7:9-11). I know the desire of your heart and I want to give them to you. Your part is to delight yourself in Me (Psalm 37:4).

Delight yourself in Me. Let go of your fears and hold onto Me. Take a beat and let Me lead and allow Me to be glorified over all else in your life.

You will experience a gratitude, peace, and sense of direction like never before when you allow Me to work through you in this way. I am calling to you and I want to tell you great and mighty things that you do not know (Jeremiah 33:3). All you have to do is take a moment, let Me get in front of you and lead the charge forward, clearing the way for all that I want to do through you and through your life.

I love you dearly and deeply and am so glad you went on this journey with Me. Thank you for making it to the 40th day. You are a blessing to Me and I will bless you greatly all the days of your life.

Prayer:

Lord, please help me take a moment to let you get out in front so that You can lead me. With the world running at such a frenetic pace I feel scared when I slow down but help me and then it will be possible. Help Me slow down, let you get in front of me and then stay in the flow of the Holy Spirit. Thank You for teaching me so much during this 40 day journey together. I am tremendously grateful to You for awakening gratitude in my life and I hope to remain in gratitude for the remainder of my days.

Amen.

Copyright © 2026 Spirit Centered Healing Arts All Rights Reserved

All Scriptures are from the English Standard Version unless stated otherwise