

# GRATITUDE



## Principle 7:

Reserve a daily time with God for self-examination, Bible reading and prayer in order to know God and His will for my life and to gain the power to follow His will.



## Step 11:

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

*Let the word of Christ dwell in you richly.  
Colossians 3:16a (NIV)*

## Be thankful to God

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6 NIV)*

## Be thankful for Others

*Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. (Colossians 3:15–16a MSG)*

## Be thankful for Your Recovery

*As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and the sin which holds on to us so tightly, and let us run with determination the race that lies before us. (Hebrews 12:1 GNB)*

## Be thankful for Your Church

*Enter the Temple gates with thanksgiving. (Psalm 100:4a GNB)*

Remember maintaining an “attitude of gratitude” during the holidays is the best prevention against relapse.

*Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God’s peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus. (Philippians 4:6–7 NCV)*

### LEADER’S FOCUS QUESTION

Why do you think it is important for you to maintain an “attitude of GRATITUDE” in your recovery?