

# GRATITUDE

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**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 message of Christ dwell among you richly.” (Colossians 3:16)*

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## Think About It

One of the greatest ways to work Principle 7 and to prevent relapse is to maintain an “attitude of gratitude.”

In your prayers this week focus on your gratitude toward GOD, OTHERS He has placed in your life, your RECOVERY, and your CHURCH.

## Be thankful to God

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

*“Let us give thanks to the LORD for his unfailing love and wonderful deeds for mankind.” (Psalm 107:15)*

## 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 – 16, 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 of the sin which holds on to us so tightly, and let us run with determination the race that lies before us.” (Hebrews 12:1, GNT)*

## Be thankful for your church

*“Enter the Temple gates with thanksgiving.” (Psalm 100:4, GNT)*

## Principle 7b Prayer

*Dear God, help me set aside all the hassles and noise of the world to focus and listen just to You for the next few minutes. Help me get to know You better. Help me to better understand Your plan, Your purpose for my life. Father, help me live within today, seeking Your will and living this day as You would have me.*

*It is my prayer to have others see me as Yours; not just in my words but, more importantly, in my actions. Thank You for Your love, Your grace, Your perfect forgiveness. Thank you for all those You have placed in my life, for my program, my recovery, and my church family. Your will be done, not mine. In Your Son’s name I pray, Amen.*

## Write About It

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

[Your Response Here]

2. In what three areas of your recovery are you especially thankful for God’s power? Try to think of areas of growth or positive change in you that only God could have accomplished.

a.

[Your Response Here]

b.

[Your Response Here]

c.

[Your Response Here]

3. Name three people God has placed in your recovery who you are grateful for and why.

a.

[Your Response Here]

b.

[Your Response Here]

c.

[Your Response Here]

4. What three areas of your recovery ministry, small groups, or other events are you thankful for? Why?

a.

[Your Response Here]

b.

[Your Response Here]

c.

[Your Response Here]

5. List three things that you are thankful for in your church. Be specific.

a.

[Your Response Here]

b.

[Your Response Here]

c.

[Your Response Here]

6. Congratulations! You have just completed your first *gratitude list*. Review it. How does it make you feel?

[Your Response Here]

7. Let the individuals on your list know what an impact they have had on your recovery, and thank each of them personally!

[Your Response Here]