



WOMEN DOING WELL

Look for the Bare Necessities

A Journaling and Discussion Devotional by Virginia Wear

OUR DAILY BREAD

Today, we will look at some basic needs of life that are met and that we enjoy. If you live in America, the luxuries of Western abundance often cloud the reality that our basic needs are met. We have access to clean water, shelter, clothes, food, etc.

First, sit in silence for three minutes. Set your timer for three minutes. Breathe deep breathes and try to clear your mind of any sense of rush or hurry. If you feel like you can't, ask God for help.

Give yourself permission to pause and slow down, even if just for a few moments, and think about what God has done. Before writing anything down, close your eyes for three minutes. Try to clear your mind of whatever plagues you with worry. Push those thoughts aside. Breathe deep, cleansing breaths to help center you for a few moments of thanksgiving. Again, don't try to change or control your breaths. Simply observe your breaths. Notice the feeling of your lungs filling with air. If you are sitting where there is back support, pull your shoulders back and press shoulder blades to the back of chair. Focus on feeling the back of your body. Feel the back of you rib cage move as your lungs fill with air. Notice how it moves when you exhale air. If thoughts or words pop into your mind, gently nudge them out. Try to clear all thoughts so you are open to be filled with words from your loving, heavenly Father.

After sitting in silence for three minutes ask God to remind you of what He has done in your life lately. There may be huge milestones in your past. Those are great if you want to say thank you. But today ask God to bring to mind something that He has done in your life recently, perhaps a gift you didn't notice previously.

A BREAKTHROUGH WITH GRATITUDE

In the book *In Everything Give Thanks: A Guide to Transformational Gratitude*, I share about a breakthrough that came for me when someone told me I was not grateful and that was very concerning.

For me, the breakthrough came when I started to give thanks as a disciple. I didn't necessarily feel grateful. In fact, I felt very ungrateful. I was wounded and disappointed. The "formula Christianity" I had been sold wasn't working out.

Can you identify areas of your life that aren't working out the way you want? Where do you feel pain and disappointment? Will you write about that in the space below?

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Even if you don't feel grateful today, can you say thank you to God? Write out your own thanks or you can copy mine.

Thank You Father.
Thank you, Son.
Thank you, Holy Spirit.
Today I do not feel grateful, but I want to say thank you!

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PSALMS OF THANKS

The Bible offers great examples of people who knew God's love and goodness. And they thanked Him.

Sit in silence for three minutes. Please refer to days 1 – 2 if you need reminding on how to empty your mind of worries and ask God to fill you mind with His words for your time practicing thanksgiving.

Next, read Psalm 118.

Write out several reasons the Psalmist gave thanks.

For example: His love endures forever (v.1-3)

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After you identify several reasons the psalmist gave for thanking God, offer those up to God as a prayer of thanksgiving. Pray thanks aloud to God.

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