#SoulSurvival

Week 6

Anchor of the Week:

Be grateful & be a survivor
#SoulAnchor

Verse of the Week:

Colossians 2:6-7
Therefore as you have received Christ Jesus the Lord, *so* walk in Him, having been
firmly rooted *and now* being built up in Him and established in your faith, just as you were instructed, *and* overflowing with gratitude.

My Anchor says:

MY QUESTIONS:

- For what are you most grateful right now?
- Is there a simple task that you do regularly, such as washing the dishes, vacuuming, walking, or running that could help you cultivate a greater awareness of God's presence?
- How might a daily practice of gratitude help you become more aware of God's goodness?
- Is there a time each day when you could begin a thanksgiving ritual? If doing this everyday feels overwhelming at first, is there a time you could do this once or twice each week?
- Quote: "True gratitude is the ability to humbly see, feel, and even receive love. Gratitude is a form of returning love to God. Recognize His hand, tell Him so, express your love to Him." -Gene R. Cook