



## Gifts

Scripture: Psalm 107

Read and meditate on Psalm 107. In your journal, record all the ways the Psalmist is thankful.

Reflection:

One of the final exercises we did on our weekend was to sit in a large circle and share, “What one gift did you receive from the Lord this weekend?” The concept behind this exercise is -In ALL experiences, whether good or bad, God has a gift for you. Some gifts are so wonderful that we easily identify them and receive them as gifts. For example, perhaps on the weekend you received the gift of sisterhood. You experienced women who love you unconditionally, who know your pain, and your joy and accept you for who you authentically are. You readily receive this gift. Other gifts in life are not so easily identified or received. For instance, perhaps you or a loved one has been diagnosed with a serious illness and life has taken a drastic turn. If you are open to prayerfully offering the person or difficult circumstance to the Lord, He will reveal His heart and His perspective. He may or may not reveal His purposes, but by faith you *can* receive the situation as a gift. This is not a Christian cliché, rather a truth that is promised in Romans 8:28; “*We know that all things work together for good, for those who love God, who are called according to His purpose.*” It takes a change of perspective to embrace the hard circumstances we encounter as gifts. When we prayerfully look for God’s perspective, He can transform our hearts through faithfulness, gratitude and grace.

- What were some of the gifts you received on your weekend, do you remember? Make a list of all the gifts. Write God a Psalm of thanksgiving for these gifts.
- How have these gifts had an impact on your life since your weekend? For instance, if one gift was sisterhood, how do you experience friendships today? Journal about your awareness.
- What other pleasant gifts have you received *since* you attended your weekend? What have been some of the hard gifts you have received? Take some time to reflect on both types of gifts. Journal about your response to each of these experiences. Ask God to reveal His perspective on these gifts.

Soul Training:

- Read Lamentations 3:22-33 and record the traits this passage reveals about God’s character.
- Start a Gratitude Journal. Buy an inexpensive journal (Target sells moleskin journals in a package of 3 for cheap) which you can get crafty and decorate or personalize. Make a list each



day of what you are thankful for and include both the hard gifts and easy gifts (include nature, experiences, people, answered prayer etc.)

- Practice gratitude and pray a prayer of thanksgiving before bed each night.
- *“How precious is your steadfast love, O God! I take refuge in the shadow of your wings. I feast on the abundance of your house and you give me drink from the river of your delights. For with you is the fountain of life; in your light we see light.” AMEN -- Psalm 36:7-9*