INTERACTIVE Gratitude WITH Jesus

Interactive Gratitude with Jesus: A Simple Way to Hear from Him

Hey Mama, Let's Be Real...Life is busy, messy, and let's face it—sometimes downright overwhelming. Between wiping noses, juggling schedules, and trying to keep the laundry mountain from toppling over, finding time to connect with Jesus can feel impossible. But here's the truth: God longs to meet you right in the middle of your beautiful, chaotic life!

Gratitude isn't just about saying "thank you"—it's a gateway to experiencing His voice and His presence in real, tangible ways. Let's take some time to slow down and hear what He wants to say to you. It's easier than you think, and it might just change everything!

Simple Steps to Connect with Jesus

1. PAUSE AND REMEMBER

Take a deep breath, Mama. Ask the Holy Spirit to bring to mind a moment you're thankful for—something big or small that brought you joy. Write it down. Was it your toddler's giggle? A peaceful cup of coffee? A kind word from a friend?

Now, dig a little deeper. Why are you thankful for that moment? What does it say about God's goodness in your life?

2. ASK AND LISTEN

Here's the fun part. Take that moment of gratitude to God in prayer. Ask Him, *"Lord, what do You want to say to me about this?"* Then pause. Be still. Listen.

Whatever thoughts or impressions come to your heart—write them down without overthinking. Remember, God's voice is always loving, encouraging, and aligned with His Word. It might be a simple "I see you" or a reminder of His promises, but trust that He's speaking.

3. SHARE AND CELEBRATE

Once you've written down your gratitude moment and what you felt God said to you, share it with someone you trust—a friend, your spouse, or even your kids. Hearing each other's stories of gratitude and God's words can spark joy and deepen your faith. It's like spreading sunshine, one story at a time.

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Make It a Family Thing

AT DINNER

Turn one night a week into a "Gratitude Feast." Go around the table and have each person share something they're thankful for that week. Then ask, *"What do you think Jesus would say about that?"* Encourage everyone to take a moment to listen and share their thoughts.

AT BEDTIME

Before lights out, take a few minutes to speak gratitude over each other. Say one thing you love about each family member, then ask Jesus, *"What do You love about [name]?"* Listen together, and share what you sense. Watch how this simple practice builds connection and confidence in God's love.

Keep It Real

Mama, God's voice will never make you feel small or unworthy. His words bring peace, truth, and hope. If something feels off, go back to Scripture—it's your ultimate filter for hearing Him clearly.

Psalm 100:4 says, *"Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name"* (NLT). Gratitude isn't just for God; it's for you, too. It reminds you of His goodness and opens your heart to hear His voice.

So grab a notebook, a cup of coffee (or reheated coffee—no judgment here), and take a few moments to let gratitude lead you into His presence. He's waiting for you, Mama, and He can't wait to talk with you!