

Meditate for a while  
on the things for  
which you really are  
grateful. ... They don't  
have to be grand or  
glorious.

Thinking of things we are grateful for is a healing balm. ... It changes our focus from our pains and our trials to the abundance of this beautiful world we live in.

We should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice.

Think of those things you  
truly need. Bring your  
goals and your hopes  
and your dreams to the  
Lord and set them  
before Him.

Approach Him with  
reverence and humility.

Don't worry so much  
about whether your words  
are polished or not. Worry  
instead about speaking  
from your heart.