**WEEK 1:**

**DAY 5:**

**READ:**

Psalm 107:29-31: He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

**REFLECT:**

While you are still in the midst of a storm it can be hard to think of things to be thankful for. Yet it can be so helpful to focus on all the things we can thank God for even in the midst of storms in our lives. Take some time today to list out some things you are thankful for. Think of people around you, your family, your neighbors, friends. Think of things you have to be thankful for. Daily things or experiences that are easy to take for granted.

**PRAY:**

Father, thank You for Your unfailing love for me. I know that in the midst of this storm, Help me to focus on You and all that You have given me. Food to eat. Shelter. Clothing. Friends. Family. Daily luxuries and experiences. Nature. Walks outside…etc…(feel free to list more or customize this list to fit you). When it is hard for me to be thankful, help me to focus more on everything You have given me, especially the people around me!