

My Gratitude List

Creation

Here we need to consider that God created a universe in which life is possible, our Sun and Earth, and all of the material things necessary for life. More to the point, of all the myriad combinations of genes which could have occurred at the moment of your conception, He chose that one and only combination which led to you and not to any of those other human beings which could have been.

Preservation

Who can know how many times God has preserved his life? Nevertheless, we probably are aware of a few of these. Think about accidents averted, illnesses you did not contract or from which you recovered. Think about the provision of air, food, water, clothing, shelter, without which life would either be impossible or greatly impoverished.

All the blessings of this life

Here no comment is really necessary.

**God's inestimable love in the redemption of the world
by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.**

Here consider God's whole plan of salvation and what it means for you. After our first parents' rejection of God's love, He did not simply abandon us to our fate, but rather provided a way for us to enjoy eternal life with Himself. Especially consider what this bringing this redemption to us cost Christ and our forebears in Faith.