



the
great
adventure

SAMPLE FROM LIFE ALONG THE WAY FAMILY DEVOTIONS

**As we focus on
Jesus' life and
what He was like,
it's important
to begin taking
steps to truly
*start acting and
being like Him.***

That is the goal after all, to take on more of His character and show love and grace to both ourselves and the people around us. We aren't meant to just read about Jesus and walk away with some good feelings, proud of Him but living the same way we always have. Love is an action and obedience requires action as well. That means getting up and doing something (potentially out of our comfort zone). Following Christ is about inviting change.

Whether you've been trying to figure out how to go about this process of change for a while, you've been avoiding the thought entirely because it felt too overwhelming, or you've already put in some effort in a new direction but need more guidance, here are some activities to get you rolling.

1. make a list

While we're going about our busy lives—most likely stressed and distracted—it's easy to forget how much we do have going for us. We lose track of all that we've been given over the years and how much we've accomplished. There have been talents we've discovered along the way, hobbies that fill us with joy, relationships that wove in and out of our lives over time, the many nights we slept with a roof over our head and food to eat, promotions or new jobs that moved us forward, and the setbacks that possibly turned out to be the steppingstones to a better or more focused life. Even when we're going through a rough season, there are always things to be thankful for. Jesus consistently thanked His Father, even as He was tested, even as He suffered. Regardless of His circumstances, Jesus thanked God for being there, for His gifts and His purpose, and for always providing exactly what Jesus needed to accomplish what He was meant to do.

Now, it's your turn to give thanks. Take a seat and reflect on what you have to be grateful for today and throughout your lifetime. Write it all down. Make a list for today and for poignant events in the past. What has happened in your life that truly changed it for the better? What in your life are you grateful for that gave you joy? What prayers has God answered in your lifetime? What unexpected twists in your past are you grateful for now that might have seemed like a setback when they happened? What are you grateful for in this moment of time, in your life right now?

As you go through the rest of your week, try to maintain that gracious attitude. Continue to be aware of what there is to appreciate in your life. When you think of something new, send God a quick prayer of thanks. It will help you start taking on a new outlook of gratitude.