

WORSHIP THROUGH GRATITUDE

A DAY AND NIGHT GRATITUDE JOURNAL



TOINA D. VICKERS

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PREFACE



You know, it's often very hard to understand that true worship and true appreciation for the things and characteristics we have, come through giving gratitude. Gratitude, by definition, is nothing more than being thankful. When we have gratitude and when we show gratitude, we open a door to a higher plane of existence, allowing us to access what is available to us in the spiritual realm. Thankfulness allows us to overcome the challenges we face when we experience emotions like frustration or anger. It gives us the opportunity to appreciate not only the physical things that we have but also the things that we possess internally—our characteristics, our qualities, and our God-given talents.

So why does gratitude open up the spirit realm? That is a great question. Let me give you a simple explanation. Contrary to the erroneous belief of many, this world is not set up for you to fail. It is designed for you to always be a success at anything you stretch forth your hand to

do. As a result, when you are in a position of gratitude, you allow yourself to walk into your true design, which results in success!

Success looks different for each and every person, but when we acknowledge that success, we unlock our hidden talents. For example, when we look at the tasks we start and finish, that is a success. In the eyes of gratitude and the design of this world, it's all about making the choice to start a project and finish it, to start a task and complete it. The key is the start and the finish.

Some of you may say, "I never finish what I start." Well, there may be some things where that's true, but there are equally as many things that you did start and finish. If you graduated elementary school, you started and finished something. If you graduated junior high school, you started and finished something. And if you graduated high school or got your GED, you started and finished something. No matter what it is, we can all find things in our lives that we started and finished.

How does this open up the spirit realm? When we become honest and truthful with ourselves about the things that we are experiencing in life, about the things we are growing through, and about the things we are moving through, what ends up happening is that all the bonds that are trying to hold us down have to release

us. They have to leave us alone. They can't continue to hold you when you're not living in falsehood.

Most people don't understand the depth of the impact that lies have on our everyday lives. When we tell ourselves, "Oh, I'm not good enough, I'm not capable, I'm not this, I'm not that," we end up putting chains and shackles on ourselves—not little handcuff-type chains, but heavy, slave-like bondage shackles that weigh us down. While some people may take offense to that terminology, the fact of the matter is that this is the only type of chain that exists in the spirit. That is the level of bondage you get into when you live in a lie, or through lies, or allow yourself to be centered in a lie. In that position, you cannot reach the spirit realm.

It's vitally important that you begin to understand the truth because the truth is the only thing that can make you free. When you give gratitude, you can only be thankful for things that are true. I'm sure there are some people who would say, "I'm thankful for things that aren't true," but if you can see it in your mind, then it's true. Everything begins with what we don't see and ends with what we physically see. I want you to always understand this: the end comes when we can see in the physical what we first saw in the spiritual. The only way to consistently bring this to pass is to live in gratitude.

Sometimes when we forget to be thankful, we end up in a situation where we just become mean and nasty, and our consideration for others dwindles considerably. This is how we become people that others don't choose to be around. This journal is created to help you walk through the journey of developing gratitude. Now, in the beginning, there is a good possibility that you will have to start with being grateful for some of the basics—things like being able to breathe, having hair on your head, or having eyes that can see and ears that can hear. You may have to be thankful for the littlest things, things that later on, you will also be grateful for, but will pale in comparison to all the things in your life that you become aware that you have.

Let me take a moment to tell you the story of Monica. Monica had a pretty easy life growing up. Her mom and dad were both in the home, and she had siblings. She was one of the eldest, although not the oldest. Her father had health issues and was a diabetic. Monica married her most recent husband, David, after going through a tragic and excruciatingly painful divorce. David was healthier (physically) when he met and married Monica.

While we can't change what other people do, we can change how we choose to see the situation. Monica refused to make that change. Sadly, her husband, David,

was so ready to leave this world because he didn't want to divorce his wife, but he no longer wanted to be married to her. He allowed himself to succumb to diabetes and ultimately lost his life. Instead of feeling relieved that she was now free, Monica continued to complain about how he didn't love her enough to stay and fight.

You see, when we carry negative words, they never get any better. Monica's real issue was what happened with her father, and since she never dealt with that, she imposed the same fate on her husband. In a family situation, we can impact the outcome. For example, we might bring sweets to a loved one, knowing it will exacerbate their diabetes, or we might make a different choice. The ultimate outcome may remain the same, but Monica and David's experiences could have been drastically different if one or both had chosen to see a different side of the coin. Despite challenging circumstances, they could have chosen to maintain their health and well-being. David, for example, could have made different decisions. However, fighting negative thoughts daily exhausts many people, making it easier to succumb rather than stand and fight. This is why gratitude and honesty are vital to our success in this world.

This book is my gift to the world because, at the end of the day, when we learn the greatest lesson, which is to be thankful, it changes everything about how we

do everything. Not only does it change the way we see ourselves, the way we see our lives, and the way we see our circumstances, it also changes how we see others and how we view their circumstances. We begin to have a greater understanding of those around us, and it lessens our need to live in the lie.

For instance, consider the story of Sarah. Sarah used to focus on everything that went wrong in her life, from minor inconveniences to major setbacks. This constant negativity affected her relationships, her job performance, and her overall happiness. One day, she decided to start a gratitude journal, listing three things she was thankful for each day. Initially, it was difficult, but over time, she noticed a shift in her perspective. She began to appreciate small joys, like a sunny day or a kind gesture from a coworker. This change in attitude not only improved her mood but also positively impacted her interactions with others. Her relationships became stronger, her work more fulfilling, and her overall sense of well-being improved. Sarah's story demonstrates the transformative power of gratitude.

I hope you will commit to completing this book every morning and every evening. If you do it first thing in the morning, you start your day with a better expectation—a greater expectation of good actually happening. If you do it at the end of the day, you will go to

bed with the last thing you focus on being all the great things that happened. You will find that when you wake up, you are far more refreshed than when you went to bed without first practicing gratitude. This entire experience should be a life-changing and life-altering opportunity for you.

The book is set up in two ways. If you love to write in narrative form, the back of every morning and evening page has lines that you can use to write your narrative. But if you prefer to create bullet lists or don't have enough to say to fill an entire page as a narrative, there are broken lines on the front page of both the morning and evening sections.

Lastly, I want you to remember this. The reason you do it in the morning and in the evening is very simple. Through the evening, while you're sleeping, you will come up with some things that you did not write during your evening writings. So this gives you the opportunity to reflect on the things that you missed, and when you wake up and do your morning entry again, you can add those along with all the other things that you want to mention about the morning.

Let me explain what happens when you sleep. Many people don't realize the significant level of activity in the brain during sleep. While a scientific study could

illustrate this, for the purpose of this book, let's focus on a simpler explanation. While your body needs sleep, your spirit does not. Your spirit receives information throughout the night. When you go to bed focusing on what you're thankful for during the day, not only will you fall into a deeper level of REM sleep, but you will wake up significantly more refreshed than when you went to bed.

Gratitude helps shift mental exhaustion to physical tiredness from daily activities, rather than being mentally drained from unresolved issues. This shift is especially beneficial for those struggling with anxiety. The more they focus on the positive aspects of their life—such as the well-being of their children or the health of a spouse—the better their sleep quality. Happy people sleep better, live better, and everything overall is simply better. This is why writing in this book before going to bed is so important.

If you enjoy both the bulleted list and the narrative styles, you can do both! How you write what you're grateful for is 100% up to you. You get to choose. The book exists just to help you get started, not to mention it's pretty easy on the eyes.

It is my sincerest hope that you cherish this journey, and in the end, you create through this book, a legacy

you can leave with your own children, so that when they experience hard times, they can remember the things that you went through and use your wisdom to create their own understanding and expectation for success.

Happy writing!



THE MORNING GRATITUDE LIST

To begin your day, what are you thankful for? Did you wake up to write in this book? Then that means you are breathing, your writing hand is working, your brain is functioning and you are able to move. Those are all things to be grateful for. Do you have children? Did they all wake up this morning? Are they breathing? Are they all mobile? Do you have a roof over your head? These are additional things to be grateful for. If you are starting in a place where thinking of things to be grateful for is complicated, then begin with the simple things and let's move forward from there.

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THE EVENING GRATITUDE LIST

To end your day, what are you thankful for? What were the highlights of the day? What happened that you can be excited about? Did a stranger smile at you? Did you have a fun conversation? Did you laugh at all today? Did something happen today that could have been worse than you anticipated?

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THE MORNING GRATITUDE LIST

To begin your day, what are you thankful for? Did you wake up to write in this book? Then that means you are breathing, your writing hand is working, your brain is functioning and you are able to move. Those are all things to be grateful for. Do you have children? Did they all wake up this morning? Are they breathing? Are they all mobile? Do you have a roof over your head? These are additional things to be grateful for. If you are starting in a place where thinking of things to be grateful for is complicated, then begin with the simple things and let's move forward from there.

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Transform your life with the power of gratitude. This journal is your companion on a journey to self-discovery and spiritual growth, guiding you to appreciate both the simple and profound blessings in your life. Through morning and evening reflections, real-life stories of transformation, and dedicated narrative and bullet-point sections, "Worship Through Gratitude" helps you cultivate thankfulness, overcome negativity, and unlock your true potential. Begin your journey today and create a legacy of gratitude for future generations. Happy writing!