



Developing a Loving Attitude

Here is an activity that can help us develop a loving attitude and carry a positive attitude within us as we perform our uses.

1. Keep a gratitude journal and make a commitment to write in it every day for a week. Write about the things that you are grateful for in your marriage (or your family or your job).
2. Appreciate all that the Lord is giving you. Each day, add to the list of blessings that come your way.
3. Offer a prayer of thanksgiving to the Lord.

As you count your blessings and thank the Lord, you may find that your attitude becomes more loving, enhancing all that you do.