

3

TUESDAY

# Notice Good Things



"I give thanks to my God always for you" (1 Corinthians 1:4)

**FOR TODAY:** When life feels heavy, finding good things can seem impossible. This isn't about forced cheerfulness - it's about tiny noticers - warm socks, a bird on a windowsill, someone holding a door. These small moments acknowledge that even in hard times, bits of goodness can exist alongside struggles. Try catching just one or two good things today. Write them down, tell someone, or hold them quietly in your heart.

→ **Question to consider:** What's one small, good thing you've noticed in the last hour or day?

**SACRED MOMENTS:** When Paul wrote "I give thanks to my God always for you," he was writing to struggling people. Yet he found gratitude in their very existence — not in achievements, but in who they were. God sees us this same way. Today, notice good things the way God notices you — with gentle eyes and an open heart. Each notice is a tiny prayer, connecting with the Spirit who delights in both giving and receiving gratitude.

→ **Gentle practice:** As you notice good things today, try whispering "thank you" — to yourself, to others, to God. Let gratitude be as simple as breathing.