

Emotional Blessings

Lord, You have also given me emotional blessings.
The first is the Comforter who heals my mind.
Please comfort me and change my thoughts to
focus on Your goodness. You are so good to me.
Thank you for a godly husband who loves me.
Thank you for my children who love me and obey
(most of the time). Thank you for good
relationships with in-laws and extended family.
Thank you for godly friends. Thank you for music
to make me happy or to express my emotions.
Thank you for opportunities to use my gifts and
talents.



Count Your Blessings

*When upon life's billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.*

*Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, every doubt will fly,
And you will keep singing as the days go by.*

*When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings—money cannot buy
Your reward in heaven, nor your home on high.*

***Count your many blessings,
see what God hath done.***

- Johnson Oatman, Jr.

Overcoming Depression

COUNTING YOUR BLESSINGS



by
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COUNTING YOUR BLESSINGS

When I am depressed, I am continually thinking about myself—what I did wrong, or what wrong someone has done to me. It is a cycle; I go over the situation in my mind, over and over and over, for hours, days, months, or even years, again and again. Instead of rehearsing what I should have said or done, I can thank God for all of His blessings He has given me. *“If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?”* Matthew 7:11.

Pray with me: *I want to praise you, Lord God Almighty, for who you are. You are the God Most High, Creator of heaven and earth. You are not like other gods, of wood or stone, that cannot see or hear or speak. You see me in my situation. You know all about me, my thoughts, and my feelings. You are a God who can hear. Hear my prayer, O God. Deliver me. Forgive me. Help me. Clean my mind from sinful thoughts and give me peace. You are a God who can speak. Speak to my heart. Reveal yourself to me. I need you now.*



Material Blessings

I want to thank you, Lord God, for all you have done for me. Thank you for giving me material blessings. Thank you for my home. I am not in the rain, nor sleeping in the dirt. Thank you for comfort in the home—furnishings, my bed, heat, air conditioning, blankets. Thank you for transportation—my car, the bus, legs to walk. Thank you for abundant clothing. Thank you for adequate food and sometimes gourmet food. Thank you for providing money at various times.

Physical Blessings

Thank you, Father in Heaven, for good health. Thank you for my family's good health (relatively). Thank you for the sick times which force me to rest. Thank you for beauty. We are all beautiful in Your sight. Thank you for allowing me to be able to see, hear, and feel. Thank you for the ability to read, learn, teach, and work.

Spiritual Blessings

Thank you, God Almighty, for a church that teaches the Word of God. Thank you for godly friends who help me spiritually. Thank you for a godly family. Thank you for my own personal Bible. Thank you most of all for Yourself. I'm glad I have a personal relationship with You.

