

Build your *gratitude bank.*

> *"Bless the Lord, O my soul, and forget not all his benefits. — Psalm 103:2*

When life gets hard, it's easy to forget what God has already done. A gratitude bank is a way to store those moments, so you can draw on them when you need them most.

Start with your Top 10 list.

Write down the top 10 things God has done for you when you felt His presence. Be specific: the prayer He answered, the door He opened, the peace you couldn't explain.

The idea comes from The Other Half of Church by Jim Wilder and Michel Hendricks.

Then make a daily deposit.

As an additional daily practice, write down 4–5 things you're grateful for. Handwrite them in a journal or keep a note on your phone.

Small deposits add up. Over time you build a record you can return to when doubt, stress, or a hard season hits.

At Boaz Strategic, we coach leaders to build daily rhythms of gratitude.