

## Counting Your Blessings

What shall I render to the Lord for all his benefits  
towards me? –Ps. 116:12

The blessings of the Lord makes one rich. –Prov. 10:22

Every good gift and every perfect gift is from above  
And comes down from the father of light. –James 1:17

I will praise you, O Lord my God, with all my heart. –Ps. 86:12

Rejoice in the Lord Always. I will say it Again: Rejoice! ....  
And the peace of God will guard your hearts and minds in Christ Jesus.... If anything is  
praiseworthy, think about such things. –Philippians 4: 4, 7, 8

### **The Great Controversy lived out in our lives on a daily basis:**

Christ's desire for my life each day: That I will focus on His blessings and gifts for me  
and be joyful.

Satan's desire for my life each day: That I will focus on life's cares, perplexities and  
sorrows and be depressed.

### **The solution to the Great Controversy:**

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 has done

Are you ever burdened With a load of care  
Does the cross seem heavy Your are called to bear  
Count your many blessings Every doubt will fly  
And you will be singing As the days go by

So, amid the conflict Whether great or small  
Do not be discouraged GOD IS OVER ALL  
Count your many blessings Angels will attend  
Help and comfort give you To your journeys end.  
(*Edwin Othello Excell, 1897 (1851-1921)*)

## Counting Your Blessings Worksheet

Create a list of blessings God has given you under each category:

### **Physical Blessings:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

### **Social Blessings:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

### **Emotional Blessings:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

### **Spiritual Blessings:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

## Two unexpected Gifts to think about:

**Of all the gifts Heaven can bestow upon mankind, fellowship with Christ in His sufferings is the most weighty trust and highest honor. –DA 224**

**ALL our gifts are a lone from Christ to be used for His glory. -3T ?**

### Quote for the Day:

*I'm a lucky boy! –Collin Thomas Ingwalson*

### Supplementary Materials

*Every good gift and every perfect gift is from above, and comes down from the Father of light, with whom there is no variation or shadow of turning. –James 1:17*

**Note:** I am the recipient of my Father's blessings. He does not give me cheap gifts; He gives me only good and perfect gifts. And while I may choose to not accept His gifts, it does not change His heart in desiring to give them to me. What are the gifts He desires His children to have? He desires for us to have His Spirit (Mount of Blessings says this is His best gift to us) dwelling in us and filling us with: love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control. He desires me to be filled with hope for the future. He desires that I have a relationship with Him that is the same as the relationship He has with His only begotten Son. He desires that I accept His plan and purpose for my life. These are the "good and perfect gifts" that He anxiously waits for me to accept. Each morning, His desire is that I accept His best gift (the Holy Spirit) into my life and when I do, all other gifts fill my mind.

*The blessings of the Lord makes one rich. And He adds no sorrow with it. –Proverbs 10:22*

**Note:** God's daily physical blessings for me include: heat from the sun, light from the sun, moisture from the rain, oxygen in the atmosphere, beauty from flowers, trees, birds and animals etc. He sustains me moment by moment. He designed my organs, bones, tissues, muscles and nerves etc. He provides spiritual blessings in that He came to man, revealed Himself through Christ and provided the plan whereby I can choose to become a child of God – His son. Through His Spirit dwelling in me, I am filled with: love, joy, peace, patience, kindness, gentleness, faithfulness and self-control. His blessings surround me continually; but do I take time to reflect on them and allow them to fill my heart the joy. Or, am I looking for His blessings in all the wrong places?

*If we are God's children, then we are His heirs and fellow heirs with Christ, PROVIDED THAT WE SHARE IN THE STRUGGLES AND SUFFERING WHICH CHRIST ALSO HAD living A righteous life in a sinful world. –Romans 8:17*

**Note:** The trials of life are God's workmen, to remove the impurities and roughness from our character... It is a painful process; it is hard to be pressed down to the grinding wheel. But the stone is brought forth prepared to fill its place in the heavenly temple. Upon no useless material does the Master bestow such careful, thorough work. Only His precious stones are polished after the similitude of a palace... It is through suffering that I am ushered into an intimacy with God that cannot be experienced in any other way. –MB, p. 10,11

**Blessing:** anything that gives happiness or prevents misfortune.

**Gift:** something given or bestowed.