



# Choosing Gratitude: Your Journey to Joy

*Nancy Leigh DeMoss*

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## **Choosing Gratitude: Your Journey to Joy** Nancy Leigh DeMoss

**Gratitude is a choice.** If we fail to choose it, by default we choose ingratitude. And once allowed into the heart, ingratitude does not come by itself, but with other seedy companions that only succeed in stealing joy.

Derived from a popular Revive Our Hearts radio series, *Choosing Gratitude: Your Journey to Joy* challenges and equips the reader to live a life of intention, a life based on thankfulness for the freedom Christ has provided and for the blessings of others.

By intentionally thanking God and others, bitterness and entitlement are replaced with joy and the humble realization of just how undeserving we really are.

To not choose gratitude is more costly than we usually realize. When we do choose a lifestyle of heartfelt, humble gratitude, we are mindful of the benefits received from our gracious Savior and those He has placed around us, and our joy becomes full.

*Includes a bonus 30-day plan of journaling, prayer, and activities to help the reader on her path to joy*

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