



COUNT YOUR Blessings

As we age, life gets tougher. Simple activities of daily life (ADLs) like dressing, showering, toileting, and eating can be challenging due to illness and aging.

On top of that, life for a senior can be limited sometimes confined to their own home. Quite often, driving privileges are removed for their own safety and others on the road. Where they were once footloose and fancy free, they are no longer independent but dependent on others to get out just to pick up the newspaper!

Many seniors are isolated as their circle of family and friends continuously grows smaller due to loss. Nowadays, it is the norm for adult children and other family members to live out of state. It's easy to start feeling depressed but despite all the challenges of aging and illness, there is always something to be thankful for.

Read on for two daily activities that will help remind you of God's blessings in your life.

“Surely you have granted him eternal blessings and made him glad with the joy of your presence.” Psalm 21:6

**A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!**

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JOURNAL YOUR BLESSINGS

Each day thank the Lord for a blessing in your life. Record in a journal and revisit often to remember God's goodness and faithfulness. Share with others to encourage them too.

Here are some examples of blessings to help you get started:



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PONDER GOD'S BLESSINGS

Read scripture verses about God's blessings together. Take one verse a day, read and ponder. How does it apply to your life? How has God blessed you? What is God's promise? What does God ask of you?

PHILIPPIANS 4:19-20 NIV

19 And my God will meet all your needs according to the riches of his glory in Christ Jesus. 20 To our God and Father be glory for ever and ever. Amen.

[Read Philippians 4](#)

JAMES 1:17-18 NIV

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. 18 He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

[Read James 1](#)

LUKE 6:38-40 NIV

38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." 39 He also told them this parable: "Can the blind lead the blind? Will they not both fall into a pit? 40 The student is not above the teacher, but everyone who is fully trained will be like their teacher.

[Read Luke 6](#)

NUMBERS 6:24-26 NIV

24 "The Lord bless you and keep you; 25 the Lord make his face shine on you and be gracious to you; 26 the Lord turn his face toward you and give you peace."

[Read Numbers 6](#)

ISAIAH 41:10-12 NIV

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. 11 "All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. 12 Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all.

[Read Isaiah 41](#)

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2 CORINTHIANS 9:8-10 NIV

8 And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. 9 As it is written: "They have freely scattered their gifts to the poor; their righteousness endures forever." 10 Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.

[Read 2 Corinthians 9](#)

3 JOHN 1:2-4 NIV

2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 It gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to walk in it. 4 I have no greater joy than to hear that my children are walking in the truth.

[Read 3 John 1](#)

JOHN 1:16-19 NIV

16 Out of his fullness we have all received grace in place of grace already given. 17 For the law was given through Moses; grace and truth came through Jesus Christ. 18 No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known. 19 Now this was John's testimony when the Jewish leaders in Jerusalem sent priests and Levites to ask him who he was.

[Read John 1](#)

DEUTERONOMY 28:1-5 NIV

1 If you fully obey the Lord your God and carefully follow all his commands I give you today, the Lord your God will set you high above all the nations on earth. 2 All these blessings will come on you and accompany you if you obey the Lord your God: 3 You will be blessed in the city and blessed in the country. 4 The fruit of your womb will be blessed, and the crops of your land and the young of your livestock-the calves of your herds and the lambs of your flocks. 5 Your basket and your kneading trough will be blessed.

[Read Deuteronomy 28](#)

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PROVERBS 16:7-10 NIV

7 When the Lord takes pleasure in anyone's way, he causes their enemies to make peace with them. 8 Better a little with righteousness than much gain with injustice. 9 In their hearts humans plan their course, but the Lord establishes their steps. 10 The lips of a king speak as an oracle, and his mouth does not betray justice.

[Read Proverbs 16](#)

EPHESIANS 1:3 NIV

3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

[Read Ephesians 1](#)

MATTHEW 6:30-33 NIV

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

[Read Matthew 6](#)

PHILIPPIANS 4:7 NIV

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

[Read Philippians 4](#)

PHILIPPIANS 2:13 NIV

13 for it is God who works in you to will and to act in order to fulfill his good purpose.

[Read Philippians 2](#)

EPHESIANS 3:20-22 NIV

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

[Read Ephesians 3](#)

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LUKE 12:22-26 NIV

22 Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest?"

[Read Luke 12](#)

ISAIAH 40:31 NIV

31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

[Read Isaiah 40](#)

ISAIAH 1:19-21 NIV

19 If you are willing and obedient, you will eat the good things of the land; 20 but if you resist and rebel, you will be devoured by the sword." For the mouth of the Lord has spoken. 21 See how the faithful city has become a prostitute! She once was full of justice; righteousness used to dwell in her- but now murderers!

[Read Isaiah 1](#)

PSALM 84:11-13 NIV

11 For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless. 12 Lord Almighty, blessed is the one who trusts in you.

[Read Psalm 84](#)

PSALM 146:5-7 NIV

5 Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God. 6 He is the Maker of heaven and earth, the sea, and everything in them- he remains faithful forever. 7 He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free.