



Here are some ideas on getting started with your own blessing jar! You can print this out and stick it on your fridge to help prompt you and your family in the first few weeks. By then, I'm sure you'll be so keen at spotting those blessings throughout the day that you won't need the help any more. Be sure to stop by Anyday Blessings blog or YouTube to share how it's going!

When to Add to the Jar

- Daily at set time when family is all together
 - Weekly at set time when family all together
 - Spontaneously and as many times as needed!
- * If you choose to be spontaneous, have a back-up plan set to ensure that there is a regular practice or else the habit may not stick.

What to Put in the Jar

- Blessings surrounding things God made
 - Blessings in our relationships, with people and our Savior
 - Blessings of protection and guidance
 - Blessings of financial provision
 - Blessings of instruction in righteousness. It is nothing short of awesome that God desires to meet with His children daily and instruct us! What did He teach you *personally*?
 - Collective/family or individual-specific blessings
 - Blessings that stem from things God did not allow. No-answered prayers are blessing gold mines and delays in our days can often times be for protection!
 - Blessings of obedience to His Word/spiritual growth in your family members
 - Blessings of Divine help (resisting temptation, knowing peace, understanding in Bible study, discerning potential trouble, remembering things studied, etc)
- * Be sure your kiddos understand that a blessing is a specific action God has done for our good. Blessings are often hidden, or mixed in, with difficulty. You may need to model for your kids how to hunt them out. This exercise seeks to help with that, so take the time to encourage your kiddos past the "I am thankful for...." statements on onto the "Look what God did TODAY..." statements.

Who Puts Blessings in the Jar

- Taking turns could produce engagement - it does here!
 - Everyone! I certainly wouldn't want to squelch a blessing hunter in action.
- * This could vary depending on if you do a collective or individual blessings.

