

## Psalms to Cultivate Gratitude

*The Psalms help me cultivate gratitude for salvation history of which I am uniquely part of now.*

*The Psalms point us to the great giver of the gifts of our lives, God.*

*The Psalms open my eyes to the gift of God's promises, shelter, and shield.*

*Praying the Psalms gives us both words of surrender and words of gratitude.*

-- From *Cultivating Gratitude: The Psalms*, [beckyeldredge.com](http://beckyeldredge.com)

List of Psalms to begin your prayer:

Don't have a Bible handy? Look up these chapters & verses online at [uscgb.org/bible](http://uscgb.org/bible).

### God's Goodness and Love

- Psalms 139
- Psalms 136
- Psalms 116
- Psalms 103

### God's Protection and Shelter

- Psalms 27
- Psalms 91
- Psalms 119: 114-117
- Psalm 62

### Psalms of Comfort

- Psalms 23
- Psalms 63
- Psalms 32: 7
- Psalms 46: 1

Read Becky's complete post on *Cultivating Gratitude: The Psalms* here:

<https://beckyeldredge.com/cultivating-gratitude-the-psalms/>

Purchase Becky's book *Busy Lives & Restless Souls* here:

<https://beckyeldredge.com/busy-lives-restless-souls/>