

TUESDAY * OCTOBER 18
I AM THANKFUL FOR
THE ABILITY TO LET GO

Have you ever held on to something that actually made your hands hurt? Our bodies are amazing. They can only hold something hot for a very short time before we let go.

Sometimes our souls can hold on to painful things for months and years even though we have the ability to let go at any point.

Today I give thanks for the ability to let go. I don't need to hold on to the pain of the past. I give all the pain to God and I am set free!

DAILY GRATITUDE LIST

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