

**SATURDAY \* OCTOBER 22**  
**I AM THANKFUL FOR SPIRITUAL**  
**SUPPORT**

How have you been spiritually supported? How have you been inspired and uplifted by the love and teachings of another? Today, we give thanks for the good that has come from being spiritually supported in life. We give thanks for the power of united prayer and a shared experience of God. We give thanks that we can share our spiritual journey with others.

As I have received spiritual support in my life, I give that support to others. As I have been uplifted, I am willing to share an inspired message of hope. Thank you God that I can give and receive spiritual support.

**DAILY GRATITUDE LIST**

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