



SEEING GOD'S HAND THROUGH

gratitude

A DAILY DEVOTIONAL GUIDE

the
SMALL
SEED

welcome

DEAR FRIENDS, we were inspired to create this month's guide of daily devotionals by some recent words from Henry B. Eyring. He told of a time when he was prompted to ask himself, "Have I seen the hand of God reaching out to touch us or our children or our family today?" As he tried to reflect each day, "something began to happen." In his own words, "As I would cast my mind over the day, I would see evidence of what God had done for one of us that I had not recognized in the busy moments of the day. As that happened...I realized that trying to remember had allowed God to show me what He had done."

Each day this month has a prayerfully selected theme with accompanying scripture references, inspired essays and sermons, quotations, and prompts to journal or share your thoughts and experiences with others. As you seek to see God's hand through gratitude, we pray that your eyes will be opened, "that ye [may] live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you" (Alma 34:38).

As Henry B. Eyring, concluded, "[Our] point is to urge you to find ways to recognize and remember God's kindness. It will build our testimonies. You may not keep a journal. You may not share whatever record you keep with those you love and serve. But you and they will be blessed as you remember what the Lord has done. You remember that song we sometimes sing: 'Count your many blessings; name them one by one, And it will surprise you what the Lord has done.'"

DAY ONE

The ability to see clearly

Alma 34:38

Joseph B. Wirthlin wisely noted, “I agree with Robert Louis Stevenson, who wrote, ‘The man who forgets to be thankful has fallen asleep in life’ (Quotationary, electronic quotation dictionary). Unfortunately, because the beauties of life are so abundant, sometimes we take them for granted. Our minds have a marvelous capacity to notice the unusual. However, the opposite is true as well: The more often we see the things around us—even the beautiful and wonderful things—the more they become invisible to us. That is why we often take for granted the beauty of this world: the flowers, the trees, the birds, the clouds—even those we love. Because we see things so often, we see them less and less.

Those who live in thanksgiving daily, however, have a way of opening their eyes and seeing the wonders and beauties of this world as though seeing them for the first time.

I encourage you to look around you. Notice the people you care about. Notice the fragrance of the flowers and the song of the birds. Notice and give thanks for the blue of the sky, the color of the leaves, and the white of the clouds. Enjoy every sight, every smell, every taste, every sound. When we open our eyes and give thanks for the bountiful beauty of this life, we live in thanksgiving daily.”

Accept this invitation to notice the things around you that you might normally take for granted. Tell the people you care about that you are grateful for them.

We challenge you to find something miraculous or beautiful today that you have never noticed before. Take a picture of it if you can and share it with us!

DAY TWO

Laughter

“And finally, in all of living have much of fun and laughter. Life is to be enjoyed, not just endured.”

- Gordon B. Hinckley

The joy of spontaneous laughter is a joy like no other.

- What made you smile or laugh today?
- What or who can always bring a smile to your face?

Express gratitude, where possible, to those who bring joy and laughter into your life.

Share your daily experiences with us online by tagging #TSSdailygratitude

DAY THREE

The Body

Isaiah 40:31

D&C 88:15

Our bodies are a symbol of God’s love and a gift to us. They make it possible to “do and become” during our time on Earth.

- When have you felt strongest?
- What about your body are you grateful for? (Be liberal! Your body is amazing!)

List 5 ways you are grateful for your body and put it on your mirror where you can see it daily.

DAY FOUR

God’s word, the scriptures

Psalm 119:105

John 5:39

Romans 15:4

2 Timothy 3:15-16

2 Nephi 4:15

D&C 20:11

The scriptures may be the most tangible evidence we have that God extends His hand into our lives, that He wants us to know His will, and that He cares about us. How else could it be that words written thousands of years ago can pierce our hearts, teach us true doctrine, and answer the questions of the soul?

- When was the last time you truly feasted upon the word of God?
- When have you felt the words of God speak to you individually?
- What is your favorite verse of scripture and why is it meaningful to you?

*Share some of your favorite verses today and make sure to tag us!
We would love to see God’s hand in your life through His words that are most special to you.*

DAY FIVE

The Sabbath Day

Exodus 31:16-17

Leviticus 26:2-12

Russell M. Nelson recently asked, “What did the Savior mean when He said that ‘the sabbath was made for man, and not man for the sabbath’? [Mark 2:27] I believe He wanted us to understand that the Sabbath was His gift to us, granting real respite from the rigors of daily life and an opportunity for spiritual and physical renewal. God gave us this special day, not for amusement or daily labor but for a rest from duty, with physical and spiritual relief.”

The Sabbath Day is simply a gift! It is a treasure that can reinvigorate us, giving us a much-needed break from the rigor and minutiae of daily life. When we use our time wisely on the Lord’s day, we will surely see God’s hand in our lives.

What are some Sabbath day activities that help you stay focused?

How have you seen God’s hand in your life as you follow His commandment to keep the Sabbath Day holy?

DAY SIX

Sacrifice

Jonah 2:9

“But I will sacrifice unto thee with a voice of thanksgiving...”

“In some way, suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.”- Viktor Frankl, Holocaust survivor and author of Man’s Search for Meaning.

All of us will be called to make sacrifices on the road of personal discipleship. Sometimes the purpose of sacrifice is clear, other times it is a lifelong journey to find meaning. In all cases, we can turn to the ultimate example of sacrifice, even Jesus Christ, to show us how to live.

Journal prompt:

What blessings have come to you through sacrifice?

DAY SEVEN

Repentance

2 Corinthians 7:9-10

Helaman 5:11

D&C 58:42

“[R]epent, perhaps the most hopeful and encouraging word in the Christian vocabulary.”

- Jeffrey R. Holland

How blessed we are to be able to invite the Lord into our lives on a daily basis through repentance! Take a moment to reflect on your life and how repentance has blessed you. Consider, where would you be without the gift of repentance? Then, in your prayers today, with a pen and paper ready, ask God what you can do differently tomorrow to draw nearer to Him.

DAY EIGHT

Sacred Song

D&C 25:12

Uplifting music can bring a spirit of peace into our lives and the power of heaven into our homes.

“Hymns move us to repentance and good works, build testimony and faith, comfort the weary, console the mourning and inspire us to endure to the end.” – Preface, LDS Hymnal

What is your favorite hymn? We'd love to hear of an experience when sacred music affected your life.

Take a day off of secular music. Fill your home or car or headphones with inspiring and uplifting music.

Look up your favorite hymn in the LDS hymnbook and study the corresponding scripture references.

DAY NINE

Work

Matthew 25:1-30

John 9:4

“...[W]hen you do your part, the Lord adds His power to your efforts.” – [Henry B. Eyring](#)

Work, an essential part of mortality, can be a refining experience.

Reflect:

What motivates you to work hard?

How does your work allow you to bless the lives of others?

Take a moment to record your gratitude for the freedom and opportunity to do the work that is part of your life. How has the Lord inspired or assisted the work you do?

DAY TEN

Agency

2 Nephi 2:27

2 Nephi 10:23

Helaman 14:30-31

“Throughout His life our Savior showed us how to use our agency. As a boy in Jerusalem, He deliberately chose to ‘be about [His] Father’s business.’ In His ministry, He obediently chose ‘to do the will of [His] Father.’ In Gethsemane, He chose to suffer all things, saying, ‘Not my will, but thine, be done.’...On the cross, He chose to love His enemies, praying, ‘Father, forgive them; for they know not what they do.’ And then, so that He could finally demonstrate that He was choosing for Himself, He was left alone. [Father,] why hast thou forsaken me?’ He asked. At last, He exercised His agency to act, enduring to the end, until He could say, ‘It is finished.’ Though He ‘was in all points tempted like as we are,’ with every choice and every action He exercised the agency to be our Savior—to break the chains of sin and death for us. And by His perfect life, He taught us that when we choose to do the will of our Heavenly Father, our agency is preserved, our opportunities increase, and we progress.” - [Robert D. Hales](#)

Our agency is another gift from God; using it wisely is the key to our progression. Consider, how can you use your agency today to honor God?

DAY ELEVEN

Service

[Matthew 16:25](#)

[Mosiah 2:17](#)

[Mosiah 4:19-21](#)

“When was the last time you unselfishly reached out to help another in need? Every time we cheer another’s heart, every time we ease another’s burden, every time we lift a weary hand, we show our gratitude to that God to whom we owe all that we have and all that we are.” - [Joseph B Wirthlin](#)

“As we lose ourselves in the service of others we discover our own lives and our own happiness.”
- [Dieter F. Uchtdorf](#)

Many, if not all, of us are busy and overwhelmed with life, and that’s just on the good days! Even still, we encourage you to go out of your way to serve today. If you want to be inspired, think of the story shared by [Bonnie H. Cordon](#) recently, which described a young mother who was diagnosed with a very aggressive type of cancer. Despite being so sick from the effects of chemotherapy that she only had one or two “OK” days a month, this faithful disciple dedicated herself to service, and in so doing, “[m]iraculously the pain would subside, and she was able to endure.”

In her own words, this faithful sister remarked, “Service saved my life. Where I ultimately found my strength to keep moving forward was the happiness I discovered in trying to relieve the suffering of those around me. I looked forward to our service projects with great joy and anticipation. Still to this day it seems like such a strange paradox. You would think that someone who was bald, poisoned, and fighting for [her] life was justified in thinking that ‘right now it is all about me.’ However, when I thought about myself, my situation, my suffering and pain, the world became very dark and depressing. When my focus turned to others, there was light, hope, strength, courage, and joy. I know that this is possible because of the sustaining, healing, and enabling power of the Atonement of Jesus Christ.”

DAY TWELVE

Memories

Our memories are a significant part of our personal identity. Positive memories can bring happiness and hope in the midst of trying times.

“I would ask, Do you allow your mind to wallow in memory of past hurts and injuries, thus becoming blind to everything else? Or, do you recall the positive and encouraging things that cause your life to

remain bright and optimistic? What is the color of your memories? Remember, the memories are yours, and the palette and brushes are in your hands. Be certain that you use the right colors as you paint the past and niche it in your mind.” – [Carlos E. Asay](#)

“It is said that God gave us memory so we could have roses in winter. But it is also true that without memory we could not have a self in any season. The more memories you have, the more ‘you’ you have. That is why, as Swift said, no wise man ever wished to be younger” (George F. Will, “On Turning 40,” *Newsweek*, 27 Apr. 1981, p. 104).

Reflect:

What are some of your most treasured memories? Perhaps you are a great recorder, or maybe you got started recording memories during last month’s personal history challenge.

We invite you to continue preserving your memories so that they are not lost to time.

We’d love to see one of your fondest or funniest memories. Consider sharing one today on social media—who doesn’t love a good #tbt or #fbf??—and tag us so we can join in!

DAY THIRTEEN

The Beauty of the Earth

[Matthew 6:26, 28-30](#)

[Alma 30:44](#)

“...The scriptures are laid before thee, yea, and all things denote there is a God; yea, even the earth, and all things that are upon the face of it, yea, and its motion, yea, and also all the planets which move in their regular form do witness that there is a Supreme Creator.”

Perhaps nowhere is God’s hand more evident—to those who have eyes to see—than in nature. How can you take time to appreciate God’s works of creation today?

The Peace of Wild Things, by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought

of grief. I come into the presence of still water.
 And I feel above me the day-blind stars
 waiting with their light. For a time
 I rest in the grace of the world, and am free.

Share a photo of your favorite part of nature and make sure to tag us.

DAY FOURTEEN

The Holy Spirit

1 Nephi 10:17

Galatians 5:22-23

The Holy Spirit is a gift from God and yet another sign of His desire to be part of our daily lives. This power comforts us, guides us, testifies of truth, and brings peace to our souls. We should thank our Heavenly Father often for this precious gift.

Words from Joseph Smith to Brigham Young: “Tell the people to be humble and faithful, and be sure to keep the spirit of the Lord and it will lead them right. Be careful and not turn away the small still voice; it will teach you what to do and where to go; it will yield the fruits of the kingdom. Tell the brethren to keep their hearts open to conviction, so that when the Holy [Spirit] comes to them, their hearts will be ready to receive it. They can tell the Spirit of the Lord from all other spirits; it will whisper peace and joy to their souls; it will take malice, hatred, strife and all evil from their hearts; and their whole desire will be to do good, bring forth righteousness and build up the kingdom of God. Tell the brethren if they will follow the spirit of the Lord they will go right...”

Show your gratitude to God today by engaging in activities that invite the Spirit and being quick to heed any promptings that come to you. At the end of the day, review your success and ask yourself, how can I more deliberately open my heart and mind to the Holy Spirit each day?

DAY FIFTEEN

Friends

Proverbs 18:24

John 11:1-36 - The Love of Christ for Lazarus, Mary, and Martha

John 15:13

“God does notice us, and he watches over us. But it is usually through another person that he meets our needs.” – [Spencer W. Kimball](#)

*True friendship is a rare gift. Whom in your life do you count as a true and faithful friend?
Have you expressed your gratitude to them lately?*

*Consider sharing a tribute to a friend today, describing how you have seen God’s hand in your life
through the blessing of friendship. We would love to know!*

*Alternatively, record in your journal how your friendships have enriched and are enriching your
day-to-day life.*

DAY SIXTEEN

Trials

1 Nephi 18:11, 15–16

[Dieter F. Uchtdorf](#) recently observed, “Being grateful during hard times does not mean that we are happy with our circumstances. It does mean that we have faith to look beyond our challenges. When we are grateful, we trust God and hope for things we may not see but which are true. By being grateful, we follow the example of our beloved Savior, who said, ‘Not my will, but thine, be done’ ([Luke 22:42](#)).

We sometimes think that being grateful is what we do after our problems are solved, but how terribly shortsighted that is. How much of life do we miss by waiting to see the rainbow before thanking God that there is rain? Being grateful in times of distress does not mean that we are pleased with our circumstances. It does mean that through the eyes of faith we look beyond our present-day challenges. This is not a gratitude of the lips but of the soul. It is a gratitude that heals the heart and expands the mind.”

When we trust God, we know that He does only what is best for us. This trust endures even when we do

not understand the purposes in our suffering. When have you been able to feel gratitude despite being in the midst of a trying time? What helps you to maintain proper perspective?

Show Heavenly Father your gratitude by thanking him for your trials. If you are struggling with this, pray for the ability or even the desire to have gratitude in the midst of your trial—past or present. Try to align yourself with him by saying, “Not my will but thine be done.”

DAY SEVENTEEN

Forgiveness

[D&C 58:42](#)

[D&C 84:61](#)

“Forgiveness is the very reason God sent His Son, so let us rejoice in His offering to heal us all. The Savior’s Atonement is not just for those who need to repent; it is also for those who need to forgive. If you are having trouble forgiving another person or even yourself, ask God to help you. Forgiveness is a glorious, healing principle. We do not need to be a victim twice. We can forgive.” - [Kevin R. Duncan](#)

When we repent, God forgives us and remembers our sins “no more.”
Shouldn’t we do the same for others?

Today, turn to Christ in sincere prayer and, if necessary, ask for help to be able to forgive yourself and any others you may need to forgive. Cast your burden at his feet and allow him to heal you.

*Thank your Heavenly Father for His son, Jesus Christ,
who has made this forgiveness possible.*

*Resolve to stop carrying grudges or hard feelings for past grievances.
In doing so, you will feel the peace that forgiveness brings.*

DAY EIGHTEEN

Progression

Ether 12:27

Though God’s refining processes may not always be quick or painless, the rewards are great. C.S. Lewis vividly described it thus:

“Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on; you knew that those jobs needed doing and so you are not surprised. But presently He starts knocking the house about in a way that hurts abominably and does not seem to make any sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of - throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself.” – C.S. Lewis, [Mere Christianity](#)

Can you think of a time when you humbly allowed your weakness to be made strong with God’s help?

Prayerfully identify a weakness and set a goal that will allow you to work on turning that weakness into a strength. Write down what you need to do daily to achieve this goal. If you want support from others, weigh in on this topic on our Facebook page.

DAY NINETEEN

Technology

Gary E. Stevenson recently [noted](#), “[T]echnology, including social media, facilitates spreading ‘the knowledge of a Savior ... throughout every nation, kindred, tongue, and people.’ These technologies include Church websites like LDS.org and Mormon.org; mobile apps such as Gospel Library, Mormon Channel, LDS Tools, and Family Tree; and social media platforms, including Facebook, Instagram, Twitter, and Pinterest. These modalities have generated hundreds of millions of likes, shares, views, retweets, and pins and have become very effective and efficient in sharing the gospel with family, friends, and associates.”

*How can you see the hand of God through the development of technology?
How has He inspired you to use technology to share goodness?*

*We want to know:
How are YOU using technology for good?
What are your favorite inspiring apps and websites?*

Share your experiences and inspire others!

DAY TWENTY

Children

Matthew 18:3-4

Luke 18:16-17

Mosiah 3:19

3 Nephi 17:21-23

Jean A. Stevens recently observed, “Elder M. Russell Ballard has taught us the importance of the Savior’s admonition to ‘behold your little ones’ when he said: ‘Notice that He didn’t say “glance at them” or “casually observe them” or “occasionally take a look in their general direction.” He said to *behold* them. To me that means that we should embrace them with our eyes and with our hearts; we should see and appreciate them for who they really are: spirit children of our Heavenly Father, with divine attributes” (“Behold Your Little Ones,” *Tambuli*, Oct. 1994, 40; emphasis added; “Great Shall Be the Peace of Thy Children,” *Ensign*, Apr. 1994, 59).

*Take time today to truly see and appreciate a child in your life.
Ask him or her what he or she loves about life and get ready for a good time.
Want to read more? Here’s a good [list](#).*

DAY TWENTY-ONE

God's Protection

Ephesians 6:10-11; 13-17

Our Heavenly Father has given us tools to protect us against Satan's power.
It is up to us to make sure we put on the whole armor of God each day.

The Whole Armor of God, excerpt, by Steven K. Jones

What soldier enters life's battle field,
without a sword, without a shield?
I take my sword and shield each day
when I kneel down and humbly pray.

I take my place in the ranks of youth.
I learn his word and I live the truth.
Prepared to do my part in this war.
I know what it is I'm fighting for.

With helmet in place, with sword in hand;
With the shield of faith, we are worthy to stand,
With the gospel of peace our feet are shod.
Valiant and strong in the armor of God.
We have on the armor of God.

What daily habits are your armor? What helps you feel ready to face the world?

DAY TWENTY-TWO

Imagination & Creativity

"I am enough of the artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."- Albert Einstein

*Look around you. What in your life is a result of the imagination and creativity of someone else?
What in your life could you improve through exercising your own imagination?
What motivates you to imagine and create?*

For further study on the topic of creation, read these excellent words.

*And, of course, share your favorite creations with us on Instagram!
We want to see what imagination and creativity has done in your life.*

DAY TWENTY-THREE

The Family

“Our Father has a family. It’s me!
It’s you, all others too: we are His children.
He sent each one of us to earth, through birth,
to live and learn here in families.

God gave us families to help us become what He wants us to be—
This is how He shares His love, for the family is of God.”

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Our Father in Heaven created the family unit to give us the best chance of returning to live with Him again someday. No matter our family circumstances, past or present, we can do our part to honor and strengthen families.

Questions to Ponder:

Think of the family you grew up in. How can you see God’s hand in placing you where He did?

What do you value most about your family? Consider sharing a photo of your family with some of your thoughts.

DAY TWENTY-FOUR

Art

When was the last time you saw a work of art that took your breath away? Have you ever seen a performance—music, dance, singing, etc.—that touched your heart? That inspired you to be better in some small way? That prompted you to think of Christ?

Though the world tends to focus on creative expression that is shocking, gratuitous, or degrading, there is much to be found that is uplifting and inspiring. God has blessed many of His children with incredible talents in the arts, and we love to see those talents being used to increase the goodness in the world.

Share your favorite artists with The Small Seed tribe today on Instagram and Facebook.

“And good art, whether by entertaining or by educating, always enriches life in ways no other human enterprise can do.” – [Travis T. Anderson](#)

DAY TWENTY-FIVE

Prayer

Psalm 102:1, 17

Matthew 7:9-11

John 15:7

James 1:5-6

James 5:15-16

Inspired words on prayer by J. Devn Cornish

The Bible Dictionary states:

As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are His children), then at once prayer becomes natural and instinctive on our part (Matt. 7:7–11). Many of the so-called difficulties about prayer arise from forgetting this relationship. Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God but to secure for ourselves and for others blessings that God is already willing to grant but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can obtain them. Prayer is a form of work and is an appointed means for obtaining the highest of all blessings.

How miraculous it is that we can have direct communication with God, the Father of all, that He is listening and cares about us enough to answer our humble prayers! Seeing the gift of prayer clearly will help us offer more sincere, heartfelt, and inspired prayers.

Thomas S. Monson said, “To those within the sound of my voice who are struggling with challenges and difficulties large and small, prayer is the provider of spiritual strength; it is the passport to peace. Prayer is the means by which we approach our Father in Heaven, who loves us. Speak to Him in prayer and then listen for the answer. Miracles are wrought through prayer” (“Be Your Best Self,” *Liahona* and *Ensign*, May 2009, 68).

Consider:

Are you committed to praying daily? If not, start today and make it a part of your life.

If/when you pray, do you feel that your communication with God is sincere, fervent, and meaningful, or routine, rote, and rushed?

Reflect on the times in your life when you have felt most connected to God through prayer. If you have children, ponder how you can teach them while young to build a strong habit of prayer.

DAY TWENTY-SIX

Touch

Sometimes a sincere hug or a tender touch can strengthen us when we need it most. Who is your person (or pet) whose touch gives you the strength to carry on when you are feeling weak? Take a moment to express gratitude for the hugs, kisses, handshakes, and snuggles that make up your life.

Additionally, take time to ponder on the way the Savior's touch has blessed your life—from healing blessings to the strengthening and enabling power of the Atonement.

The Savior's Touch

A woman in the multitude that came to hear Christ speak,
Pressed forward close and reaching Him, fell humbly at His feet.
With faith to heal her weakened frame, she stretched forth her hand;
And touched the hem of Him, who though a God, stood now as man.

A boy stood with the Nephites at the city temple walls.
He watched with hanging eyes the Savior speaking to them all.
Then Jesus called the children to come forward one by one;
The boy wept as Christ touched his head and blessed him with His love.

A young man heard a missionary tell of Jesus Christ,
And felt a burning in his heart that told him it was right.
He asked the man to be baptized and come into the fold.
The light of Christ shone in his face, the Savior touched his soul.

The Savior's touch can turn the earthen stones to bread.
The Savior's touch can raise the living from the dead.
The Savior touched with faith and love the hearts of you and me.
So we in turn could touch the lives of everyone we see.

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DAY TWENTY-SEVEN

Food

Food, glorious food. What is it about food that brings people together, inspiring closeness and unity? Whether it's lunch with a friend, family dinner with your kids, or a church group gathered around a Christmas dinner, we have all had occasion to be grateful for food.

Consider:

What food are you most grateful for?

What is your go-to comfort food?

Have you ever been able to share the gift of food or nourishment with another?

In a recent address, Marcus B. Nash shared the story of Ann Rowley, a pioneer woman who had a remarkable experience with food in 1856. [Read it here.](#)

DAY TWENTY-EIGHT

Senses

My Heavenly Father Loves Me

Whenever I hear the song of a bird

Or look at the blue, blue sky,

Whenever I feel the rain on my face

Or the wind as it rushes by,

Whenever I touch a velvet rose

Or walk by our lilac tree,

I'm glad that I live in this beautiful world

Heav'nly Father created for me.

He gave me my eyes that I might see

The color of butterfly wings.

He gave me my ears that I might hear

The magical sound of things.

He gave me my life, my mind, my heart:

I thank him rev'rently

For all his creations, of which I'm a part.

Yes, I know Heav'nly Father loves me.

Words and music: Clara W. McMaster, 1904–1997. © 1961 IRI.

Which of your senses are you most grateful for today?

Did you hear, see, feel, or smell something beautiful today?

If you are missing one of your senses, how has your body enhanced your others to enrich your life?

“The world is full of magic things, patiently waiting for our senses to grow sharper.”

- W. B. Yeats

John 9:1-25

DAY TWENTY-NINE

Learning

D&C 88:78-80

“You have a mandate from the Lord to educate your minds and your hearts and your hands.” - Gordon B Hinkley

“Maintain an enthusiasm for learning throughout your life. Find joy in continuing to learn and in expanding your interests.” - For the Strength of Youth

Whether learning new things comes quickly to you or is a labor of love, the ability to learn is evidence of God’s hand in our lives. He wants to share with us all He has, and that includes knowledge! We should all take every opportunity to better ourselves through learning.

One of our favorite conversation starters is: what is something you have learned recently? We’re always amazed at the interesting facts and stories that follow. And so we ask you today:

What is something you have learned recently? What are you interested in learning about?

If you are in school, share with us what you’re studying and why you love it.

If you haven’t been a traditional student for a long time, how can you incorporate more learning into your life?

DAY THIRTY

Small & Simple Things

Luke 12:6-7

Alma 37:6-7

On this, the last day of November, we hope you have seen God’s hand through gratitude for something new each day. No matter how busy life gets, let us always reflect on the ways God reaches out to us, letting us know: He is there, He knows us, He loves us, and He is ready to answer when we call.

Oftimes, it is through the small and the simple that He sends us these messages.

David A. Bednar shared the following insights:

Many people in our contemporary world are drawn to promises of big results that occur quickly and all at once. Consider, for example, all of the money spent on lottery tickets. Recall the claims of advertising messages you have received that pledge immediate weight loss, instant health, fast hair growth, and a more youthful appearance in just 14 days. We are bombarded constantly with messages from a variety of sources promoting speedy supersizing, instant gratification, and outstanding performance that will impress our families and friends.

In a similar way, the adversary made impressive assertions about big results in premortality: “And I, the Lord God, spake unto Moses, saying: That Satan, whom thou hast commanded in the name of mine Only Begotten, is the same which was from the beginning, and he came before me, saying—Behold, here am I, send me, I will be thy son, and I will redeem all mankind, that one soul shall not be lost, and surely I will do it; wherefore give me thine honor” (Moses 4:1). Lucifer’s grandiose pledge, however, was hollow and empty because he “sought to destroy the agency of man” (Moses 4:3).

In contrast to what we so often observe in the world, the Lord ministers “one by one” (3 Nephi 11:15). He enables us to learn “line upon line, precept upon precept, here a little and there a little” (2 Nephi 28:30). And He accomplishes His work by bringing to pass great things through small and simple means.

I believe many, if not all, of the most satisfying and memorable accomplishments in our homes, in the Church, in our jobs and professions, and in our communities will be the product of this important spiritual pattern—of simple and small things. We should find great comfort in the fact that ordinary people who faithfully, diligently, and consistently do simple things that are right before God will bring forth extraordinary results.

When you practice seeing His hand in your life—choosing not to overlook the small and simple things—just as Henry B. Eyring described, “[m]ore than gratitude [will begin] to grow in [your] heart.” You, too, will become “ever more certain that our Heavenly Father hears and answers prayers.” You will feel “more gratitude for the softening and refining that come because of the Atonement of the Savior Jesus Christ.”



WHAT HAVE YOU
LEARNED THIS MONTH?

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