

One week, one sail: the Nightly Gratitude Journal.

Sail of the Week: *The Nightly Gratitude Journal* (the 7th sail) · Psalm 92:1–2 · Rule: **ONE SACA completes the week.**

What you need: your iPhone, 10 minutes Monday, 60 seconds a night. This sail outlives the bootcamp — that's the point.

MONDAY — Set the 9:00 send (10 min)

- 1. **Shortcuts** → Automation → + → Time of Day → **9:00 PM**, Daily → *Show Notification*: “What's one thing from today you're thankful for?”
- 2. Create the journal: one note titled “Gratitude” (or a Habitify habit). One line a night lives there.

EVERY NIGHT — One line (60 seconds)

- 3. When the 9:00 notification lands: write ONE line naming what God did today. No essays.

SABBATH — Read the week back

- 4. Paste the week into Claude: “*Read my week of gratitude back to me. What was God doing?*”
- 5. **Thank Him out loud.** Bring one entry to the dinner table.
- 6. Mark the **Chart: SACA 2 — The Nightly Gratitude Journal** → week complete. If all 7 weeks have landed, the commissioning unlocks — walk one brother through one thing you learned.

THE LINE TO HOLD

The 5:25 prayer asks; the 9:00 journal thanks. Ask and thank, every day. — “It is good to give thanks to the LORD... and your faithfulness by night.” (Psalm 92:1–2, a psalm written for the Sabbath)

Want more this week? (all optional — the week is already complete)

SACA 1 — Plan Your Sabbath. A 24-hour disconnect protocol, on paper: what's in, what's out, where the phone sleeps. First Sabbath this week.

SACA 3 — Teach One Person One Thing. Walk one brother through one thing you learned. Watch him do it once. Multiplication is the commission.

Going Further. Saturday Captain's Audit; the 7 daily drills live under “Optional depth.”