

Gratitude

Gratitude is not only the greatest of virtues, but the parent of all the others.

Cicero

in everything give thanks; for this is God's will for you in Christ Jesus. **1 Thessalonians 5:18**

What is gratitude?

- Celebration for the grace which I have received from Christ
 - This requires me to realize 3 things
 1. I do not deserve anything that I have
 2. I do not deserve any kindness that I receive
 3. Everything good I receive is a gift from God
- But how do you celebrate grace?
 - Attitudes of appreciation
 - Statements of appreciation
 - Acts of appreciation

Why Should I practice gratitude?

- It is God's will
in everything give thanks; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18
- It demonstrates my salvation
For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened. Romans 1:21
- It keeps me from sinful behavior
But immorality (pornea) or any impurity or greed must not even be named among you, as is proper among saints; and there must be no filthiness (obscenity) and silly talk (the talk of morons), or coarse jesting (speech that is vulgar to fit in), which are not fitting, but rather giving of thanks. Ephesians 5:3 – 4

How do I practice gratitude?

1. Continue your journal

- Create a section and title it “Things I am thankful to God for”
- Pray and ask God to show you all the things that you have to be thankful for
- Write down everything that you can think of to be thankful for (no matter how small)
- Leave room when you are done so that you can come back and add to the list as you think of more things for which you are thankful.
- Create a second section and write down all the things that are keeping you from being grateful

2. Use your list as a prayer list and spend time personally thanking God for all of His grace.
3. Choose three people this week to either write a note of appreciation to or to do an act of appreciation for.
4. Choose a person who you do not like or who really upsets you. Sit down and try and make a list of all the things that you are thankful for about that person. (DO NOT SEND THEM A LETTER JUST KEEP THIS BETWEEN YOU AND GOD)
5. Set aside a special time each week to just thank God for His grace.