

WAYS TO PRACTICE GRATITUDE

We do not want to take the good things God's given us for granted or to miss the ways that he is providing for us! Here are a few simple ideas to make gratitude a regular practice.

- **Set a timer and list as many things as possible that you're grateful for before time runs out.** (You could do this alone or with others.) Whether you write them down or say them out loud, imagine filling up the whole space with gratitude. When the timer ends, pray a simple prayer thanking God for it all!
- **At the end of the day, take a moment to be quiet with God. Do a short review of the day, remembering that God is with you and that He loves you.** *For what moment of the day are you most grateful?* Talk to God about it. *For what moment are you least grateful?* Talk to God about that, as well. Close by asking God to help you pay attention to how he will be at work tomorrow.
- **Write down one specific good thing you experienced every day for a month.** Make a physical list or use the notes app on your phone. At the end of the month, take a moment to look back on the blessings and say a simple "thank you" prayer. Notice what God has given that you didn't deserve and talk to him about your response.
- **Express your gratitude to others.** Go out of your way to say, "thank you," to someone specifically. Consider writing a simple message or text or letter to articulate the reasons you're grateful for someone.

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 THESSALONIANS 5:16-18 (NLT)

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