

Second Nature

Thankfulness

Through Jesus therefore, let us continually offer to God a sacrifice of praise – the fruit of lips that openly profess his name.

Hebrew 13:15

Why should we be thankful?

Psalm 48:1 (because of who He is)
Psalm 92:1 (it's a good thing)
Psalm 81:1-4 (it's God's command)
Psalm 13:6 (because He's taken care of me)
Psalm 52:9 (because of what He's done)
Psalm 149:6 (as a weapon)
Psalm 40:3 (it will lead others to praise Him too)

And when?

Psalm 42:11 (when I am sad and don't feel like it)
Psalm 34:1 (at all times)
Psalm 145:2 (every day, forever and ever)
Psalm 146:2 (all my life)
Psalm 57:8-9 (early in the morning)
Psalm 119:62 (in the middle of the night)

Put it into practice

Facebook status – challenge for a month - every day you go on Facebook change your status to one stating 3 things you are thankful for.

Increase how much you say thank you to people - to everyone from the stranger who let's you through in a crowded supermarket aisle to the shop assistant who serves you. Try to thank at least 5 to 10 people every day for something and even explain why: "Thank you for smiling at me because you've made my day brighter..."

Write a gratitude letter - and deliver it to someone in the community you are thankful for.

Thankful jar - have slips of paper and a jam jar. Every time something happens which you are grateful for, write it on a slip and at the end of the month read them and thank God afresh.

In your Prayer Triplets - start with things you are thankful for or an answered prayer.

In your Small Groups or as a family:

Thankfulness hat - share what you are thankful for this week, or be thankful for each other: Put all the names of your small group in a hat – everyone pull out a name and tell that person what you are thankful for about them.

A-Z of thankfulness - Go round in a group and say something you are thankful about for every letter of the alphabet.

Make a gratitude paper chain - write a different thing on every strip of paper and link them together. Let's see how long you can make it...

Or ideas of your own

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