

THANKFUL RESOURCES

Podcast – Growing in Gratitude (The Gospel Coalition) [LISTEN HERE](#)

Article – Give Thanks. Find Joy [HERE](#).

Article – Gratitude is Hard to Do [HERE](#)

Article – Giving Thanks All Around [HERE](#)

[Growing Grateful](#) – 101 Meditations – Mary A. Kassian [HERE](#)

[100 Days of Thanks](#) – Thomas Nelson Publishers [HERE](#)

- ❖ Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.
- ❖ Bible – form of the word over 150x
 - I Thes 5:18
 - I Chron 16:8
 - Ps. 9:1
 - Ps 100:4
 - Ps 106:1
 - Eph 5:20
 - Col 3:17

So how do we do this? How do we show praise and thanksgiving to our God? Some ideas:

- Write down the alphabet and list a characteristic of God for each letter and thank and praise his for that each day during the month. I.e. A – Almighty; B – Boundless (not bound by time or space); C – Creator; D – Dependable, etc. Can find lists online.
- Read a book with meditations for thanksgiving.
- Pray the names of God – Box of names
- Have a partner to share things you're grateful for – Jan and I. Reminder to stop and give thanks.
- As you're cleaning – toilet – thanks for plumbing; doing dishes – thanks for food to make the dishes dirty; grocery shopping – thanks for abundance of choices and proximity of stores.
- As you read the Bible – what does the passage show you about God and how can you praise him for that?
- Gratitude Journal