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10 Ways to Show Gratitude



1. *Be others focused.* A grateful heart is God centered and others conscious while an ungrateful person is self-centered and self-conscious. Grateful people are loving people who seek to bless others, while ungrateful people are bent on gratifying themselves. They tend to focus on “my needs,” “my hurts,” “my feelings,” “my desires,” “how I have been treated, neglected, failed or wounded.” An unthankful person is full of himself, seldom pausing to consider the needs and feelings of others.

2. *Cultivate Humility.* “A humble mind is the soil out of which thanks naturally grow” -Henry Ward Beecher

Pride is the father of ingratitude and the silent killer of gratitude. We think we deserve so much but what does any of us have that we haven't received? What does any of us possess that doesn't come down from the One" who richly provides us with everything to enjoy" (1 Timothy 6:17)?

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3. ***Live with a Full Heart!*** *A grateful heart is a full heart, while an unthankful heart is an empty one. The difference between being full and empty is not usually between being rich or poor, at home or away, cupboards bursting at the seams or thinly lined with soup cans and Ramen noodles. The difference is gratitude.*

4. ***Let go of Your Rights!*** *Ungrateful people tend to hold tightly to their rights. And when others fail to perform the way they want or expect them to, they feel justified in making demands and retaliating emotionally. Grateful people are easily contented, while the ungrateful easily become prisoners to bitterness.*

5. ***Speak up!*** *Silent gratitude isn't much use to anyone. Thankful thoughts need to be translated into thankful words. Spoken words of praise and thanks have power to dissipate the spirit of heaviness that sometimes weighs us down.*

6. ***Thank Him for everything!*** *As Charles Spurgeon said, "Let us daily praise God for common mercies-common as we frequently call them, and yet so priceless that when deprived of them we are ready to perish." Bath soap. Toothpaste. Hot water. Sunsets. Blankets. Fresh fruit. Family photos. Books. Clean sheets. Sticky notes. Autumn leaves... if we take it all for granted, if we think life just shows up with this stuff already in place, if we trick ourselves into believing that everyday household items come from the grocery rather than from a gracious God, we walk right past countless reasons for worship without even knowing it.*

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7. **Gratitude & Generosity.** *Where gratitude grows, you will generally find generosity flourishing as well. Grateful people are generous people. Those who have “freely received,” are motivated to “freely give” (Matthew 10:8)*

8. **People Matter.** *People matter to God and they should matter to us too. It's important to take time to recognize and express appreciation for the contributions that even little known people make to His kingdom and to our lives. Periodically try and find meaningful ways to express gratitude for and to the people who have contributed to your life. Begin the process by sitting down and making a list of all the individuals who have blessed or touched your life in some way. Don't try and tackle the whole list at once. Pick one for starters. In the next 24 hours write a letter, make a call, or compose an email-find a way to express your gratitude for that person's influence and impact in our life. Then move to the next one... and the next... until you've expressed gratitude to each person on your list. By that time, there will be undoubtedly new people to add to the list!*

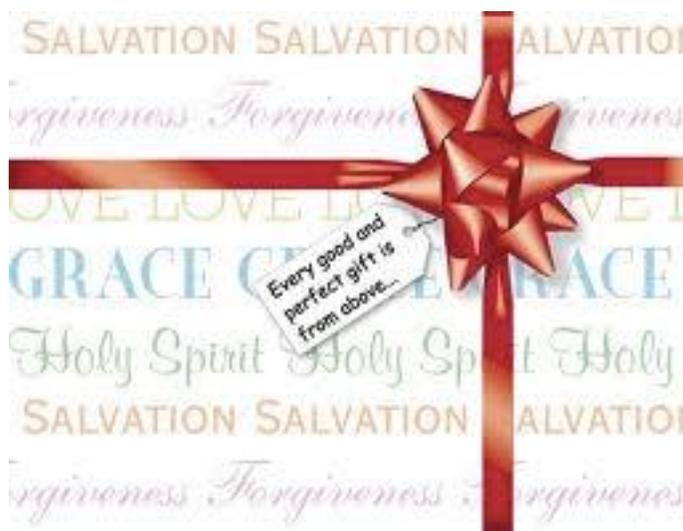
9. **No More Grumbling.** *Grumbling is the opposite of thankfulness. Like gratitude, it starts in the heart and expresses itself in our words. It grows out of the sin of discontentment-not being satisfied with what God has provided. If you are guilty of the sin of grumbling confess it to the Lord; ask Him to forgive you and to grant you true repentance. Purpose in your heart to “put off” all complaining and to “put on” a heart of thankfulness. Ask God to make you sensitive and alert to situations over the next 24 hours where your natural response would be to murmur or whine. Ask Him for grace to give thanks every time you're tempted to grumble. If you have a pattern of complaining it probably won't disappear in a day! This one exercise you'll need to do intentionally day after day until your “default response has changed from grumbling to gratitude.*

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10. **Gratitude Accounts.** *If expressing gratitude is to become a way of life for us, we can't treat it as an optional exercise. If it never gets beyond our wish list, if it nestles down with all the other nice things we hope to get around to someday, the "someday" of gratitude will remain a sweet intention but not a consistent practice. To help you get in the habit or regularly expressing gratitude get a journal and title it "Gratitude Accounts". Inside the journal put specific listings of individuals to whom you owe a "debt" of thanks. This will be your reminder list of people you need to make a phone call to or to write a thank you note to show your appreciation. We all have gratitude accounts. There just aren't many of us who keep them paid up. Make sure you're becoming the type of person who stays current on your bill.*



The Greatest Gift of all

If you're a Christian the best thing that's ever happened to you is being saved from sure destruction for your sins and ushered into the family of God, beginning now and continuing for all eternity. Sit and ponder this reality. Romans 5:8 says "God demonstrates His love towards us in this: while we were in open, hostile rebellion toward Him, having no interest in Him-not only that by actively despising Him and all that He stands for-Christ died for us."

How can we not be inexpressibly thankful?

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*Above tips taken from book Choosing Gratitude Your Journey to Joy
by Nancy Leigh Demoss*

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