

1. Be Thankful in Actions. [Colossians 3:17](#) gives us clear direction - stating “whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him,” encouraging us to live out our **faith** through our actions and reactions.

This can be anything and everything we do - from waking up in the morning and deciding to thank God for the day, to being a courteous and safe driver on the roadways. With each action and reaction, **We can determine beforehand to have an attitude of gratitude towards God for life.**

Showing a gentle and kind and peaceful spirit is parallel to our thankful mindset.

When we become thankful for opportunities, achievements, accomplishments; for all the good things given to us – that we sometimes take for granted, we begin to cultivate that attitude of gratitude.

Being thankful, giving thanks in what I say or do – is a good place to start.

2. Be Thankful By Remembering. [Psalm 77:11](#) encourages us to remember the deeds of the Lord. Which can be as simple as thanking God for His comfort, presence, and peace in daily challenges.

Write one simple thing that you are thanking God for: _____

Remembering also that He never leaves us or forsakes us ([Hebrews 13:5](#)). And no matter how difficult life may be any time or moment we can cast all our anxiety on Him ([1 Pet. 5:7](#)).

Ps 105: says: _____

What are some ways we can remember?

- A) It can be as easy as picking up our Bible and reminiscing through the underlined and highlighted verses and passages, remembering God’s goodness, mercy, and love. Refreshing our memory with our favorite verse – reciting and meditating on it.
- B) It is also good to talk with family members and friends of the ways God has answered prayers and met needs in their lives. Hearing their testimony.
- C) Refresh your memory with worship and songs of praise and thanksgiving. Or revisit a powerful preached message – an uplifting sermon.
- D) Count your blessings! Take time to think of His goodness, of His blessings throughout your life

Reminding ourselves of His faithfulness stirs our heart towards thankfulness.

3. Be Thankful in Everything. Giving thanks in everything can seem like a hard task to accomplish at times, especially in difficult circumstances. Even so, [1 Thessalonians 5:18](#) directs us to make this choice stating, “give thanks in all circumstance; for this is God’s will for you in Christ Jesus.” Not **for** everything, but **in** everything.

_____ and _____ have come upon me but your commands (Your Word) give me delight. [Ps 119:143](#)

Notice the **Bible** doesn’t command us to **feel** thankful in all circumstances. Instead it commands us to “give thanks in all circumstances.” When we begin to praise God in a difficult situation, even if we don’t feel like it, many times the scales fall from our eyes and we can begin to see glimpses of His glory, of His handiwork in our situation. It’s a choice!

4. Be Thankful For Who He Is

Ps 107:1 tells us to give thanks to the Lord for He is good; for His mercy is forever. It lets us know that the God we serve is faithful to perform His promises and is capable. We as His people should recognize that we serve a great and mighty God. A God that is good, merciful, and benevolent.

What do the verses below tell us about His goodness and How we should respond?

Ps 48:1 _____

Deut. 3:24 _____

Ps 28:7 _____

Zeph. 3:17 _____

As we praise God for who He is and thank Him for what He’s done, our perspective of Him grows larger and our problems grow smaller. As a result, we can experience a deeper sense of intimacy with God as the emotional gap between what you know to be true and how you feel at the moment closes.

Part 3

On many occasions in the Psalms, David complained about his circumstances - but more often than not, about midway through David’s laments, he begins praising God for who He is and thanking God for what He’s done. And you know what happens? All of a sudden David starts feeling better! Life isn’t so bad after all!

Read the passages below – which verse(s) show David remembering to thank God?

Ps 42 _____

Ps 57 _____

Ps 62 _____

His problems grow smaller as his perspective of God grows larger, and he begins to see God's glory shining through the situation.

Why is that? He didn't wait until God _____ his situation,

solved his problem, or made him feel better before he began _____ Him.

He had learned to be thankful in everything.

Gratitude changes the outlook in which we see the circumstances. **Thanksgiving** changes our perspective despite broken dreams, broken relationships, chaotic circumstances, and unfulfilled longings.

Listen - when we stop complaining and grumbling and begin speaking God's love language of gratitude, our perspective will change as well. We will begin seeing moments of sudden glory through the lens of praise and thanksgiving—glory moments that were there all along but hidden from the grumbling eye.

[Gratitude Quotes:](#) (From Daring to live fully .com)

“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.” Sarah Ban Breathnach

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” William Arthur Ward

“We often take for granted the very things that most deserve our gratitude.” Cynthia Ozick

“Can you see the holiness in those things you take for granted – a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” Rabbi Harold Kushner

Think about this: In reality, most of us are thankful for _____

Begin to cultivate an Attitude of Gratitude so that you're not in this number!