

Running On Empty
How To Develop A Grateful Attitude

2 minutes/ 21 days

1. Understand how _____

a) It puts _____ in our brain

b) It reduces _____

Philippians 4:6 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God...*

c) It positively _____

d) _____ when I am grateful

Exodus 16:8 *He is really the one you are complaining about, not us—*

I Thessalonians 5:18 *Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.*

2. Replace _____

a) Remember _____

Ephesians 5:20 *Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

b) _____ on both tracks of life

Colossians 3:2 *Set your minds on things above, not on earthly things.*

c) _____

Philippians 2:14 *Do everything without complaining...*

Deuteronomy 7:18 *But don’t be afraid of them! Just remember what the Lord your God did to Pharaoh and to all the land of Egypt.*

Philippians 4:6 *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

- Write out 3 gratitude’s every day (1 sentence)
- Journal about 1 positive experience over the past 24 hours every day
- Practice 1 Random acts of kindness
- 1 email praising or thanking 1 person per day: Do it the moment you turn on your computer

Compliments that I would like to give myself today	Current challenges and what I am learning from them
People I am grateful for	Significant assets of my life at present

Romans 12:10 *Love each other with genuine affection, and take delight in honoring each other.*

Philippians 4:8 *whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Luke 17:15-18 *One of them, when he saw that he was healed, came back to Jesus, shouting, “Praise God!” He fell to the ground at Jesus’ feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, “Didn’t I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?”*