

**1 Chronicles 16:34** Give thanks to the LORD, for he is good! His faithful love endures forever

### How To Develop A Grateful Attitude

1. Understand how \_\_\_\_\_

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

- a) Gratitude makes us resilient
- b) Gratitude changes your body
- c) Gratitude makes us others-centered
- d) Gratitude counteracts materialism
- e) Gratitude honors God

**Psalms 28:7** The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

2. \_\_\_\_\_

- a) Remember it's \_\_\_\_\_

**Psalms 107: 28** Let them offer sacrifices of thanksgiving and sing joyfully about his glorious acts.

- b) Set your mind \_\_\_\_\_

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

- c) Develop \_\_\_\_\_

**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.

- d) Attach \_\_\_\_\_

**1 Chronicles 16:8** Give thanks to the LORD and proclaim his greatness. Let the whole world know what he has done?

**Psalms 28:7** The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

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Here are some tips, suggested by Derrick Carpenter (n.d.), as to how to maximize the benefits of gratitude practice:

- Try and focus on being aware of different things you're grateful for each day – i.e. don't always notice the same things. Even though you may always feel grateful for the same things – for example, your family – looking for 'fresh' grateful moments helps in the **practice of gratitude**.
- Be aware of looking for specific things that you are grateful for – e.g. 'today my husband cooked my favorite meal for dinner because he knew that I'd had a tough day'. Being specific really maximizes the benefits of gratitude practice.
- Look beyond the things that you are grateful for that may be immediately apparent. Looking for new things can help us best practice gratitude. Be creative! Enjoy the process!
- Be kind to yourself and be realistic about gratitude practice. Be aware of obstacles that might hinder your efforts to practice gratitude. So, if you are likely to feel extremely tired at night-time and you are trying to schedule in time to practice gratitude, it may be best to set aside some time in the morning. Be a little flexible with yourself and don't put undue pressure on yourself to practice gratitude in a way that is simply not working for you!
- Keep gratitude fun! Try new and creative ways to keep track of your moments of thankfulness.
- This next suggestion is an interesting one – to try and make your gratitude practice social. It makes sense to think of others in practicing gratitude because it is our relationships with other people that are the most significant **determinant of our happiness**. According to expert Robert Emmons, making the focus of our gratitude the people we are thankful for, rather than particular circumstances or material items, can enhance our practice of gratitude and maximize the **benefits of gratitude practice**. So, perhaps one idea you can use is to write a gratitude letter or share grateful moments from the day at the dinner table.

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