

**Lessons Learned**  
**How To Harness The Power of Gratitude**

**1. Understand why gratitude** \_\_\_\_\_

**Colossians 2:7** *Plant your roots in Christ and let him be the foundation for your life. Be strong in your faith, just as you were taught. And be grateful. (CEV)*

- a) Gratitude \_\_\_\_\_
- b) Gratitude makes \_\_\_\_\_
- c) Gratitude makes \_\_\_\_\_
- d) Gratitude makes you \_\_\_\_\_
- e) Gratitude gives \_\_\_\_\_
- f) Gratitude helps you \_\_\_\_\_
- g) Gratitude \_\_\_\_\_

**2. How can I be** \_\_\_\_\_

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

- a) Remember my \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

**3. Develop** \_\_\_\_\_

**Colossians 3:15** *Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*

Key: Don't stop at awareness. \_\_\_\_\_

**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?"*

**Ephesians 5:19-20** *Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

How to develop a daily habit of gratitude:

1. **Keep a gratitude journal:** Write down three things you're grateful for each day.
2. **Say thank you:** Express your gratitude to others by saying "thank you" to 3 people per day.
3. **Practice mindfulness:** Take a few minutes each day to focus on the present moment and appreciate what you have.
4. **Count your blessings:** Make a list of all the good things in your life and reflect on them regularly.
5. **Create a gratitude jar:** Write down things you're grateful for on slips of paper and put them in a jar. Read them when you need a boost.
6. **Start a gratitude chain:** Write down something you're grateful for on a strip of paper and connect it to the previous one to create a chain.
7. **Use visual reminders:** Place sticky notes or other reminders around your home or office to help you remember to be grateful.
8. **Make gratitude a habit:** Set a reminder on your phone or calendar to practice gratitude every day.
9. **Download a free app:** I use an app called "Presently".
10. **Write 1 thank you card** every day for the next year.

**Psalm 100:3-4** *Know that the LORD is God. It is he who made us, and we are his... Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.*

**Colossians 3:16** *Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.*