



Journal of Gratefulness

—an on-going family project—

"Praise the Lord, O my soul, and forget none of His benefits" - Psalm 103:2

The Benefits of Gratefulness

Multiplied blessings are ours as we pause to "forget none of His benefits" toward us (Psalm 103:2). Among the numerous benefits of a grateful heart are the following:

- Gratefulness guards us from a critical, negative attitude.
- Gratefulness guards us from a judgmental spirit.
- Gratefulness, when expressed to others, can motivate them to continue in "good deeds."
- Gratefulness, when acknowledged to God, is an important element of worship.

The Search for Blessings

Regularly involve family members in a blessing search as each member names a recent blessing and assumes responsibility for sharing appreciation. Where to "look:"

- Loved ones, who you've recently been reminded of in a special way.
- Character qualities in family or friends which are challenging.
- Often over-looked blessings of life, health, provision, creation.
- Specific answers to prayer.
- Spiritual realities like the scriptures, salvation, Holy Spirit, etc.

The Expression of Appreciation

Appreciation helps seal in my heart the reality of the blessing as well as bless and encourage others.

Appreciation can be shared:

- Verbally with a simple "thanks."
- In writing, with a note of appreciation.
- Publicly as testimony is given of our genuine gratitude

Note: Especially as God has blessed us, our verbal thanks and testimony to others are of major importance.



Date	Family Member	How We Have Been Blessed <i>...look for God's interventions, expressions of family member love, answered prayers and special people, events and happenings</i>	How We Shared Our Appreciation <i>...say "thanks;" write a note; take a gift; give testimony</i>

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