



# *PRACTISING THANKFULNESS*

*Give thanks to the Lord for his is good,  
his faithful love endures forever.*

Psalm 107: 1

*Give thanks in all circumstances.*

1 Thessalonians 5: 18

If we are intentional about practising thankfulness, it will become a natural part of our day and we will find ourselves not only naming things we're grateful for, but looking out for them.

Thankfulness changes our perspective and leads us into a deeper sense of wonder and worship.

Here are some ideas to help.

**Begin and end your day with thankfulness to God,**  
perhaps using a verse of scripture that will help you to focus

**Take regular 'Thankfulness pauses'...**

...in your day to stop, be still, breathe deeply, wait... and give thanks.

**Write a Thankfulness Journal.**

This can be as simple as a list or an amazing work of Art! Why not use it to become part of your daily prayer rhythm? When you look back, you will be encouraged.

**Put a jar on your desk or table...**

and when you encounter a moment of Joy or Thankfulness, write it on a slip of paper and put it in the jar. At the end of the week, take them out and read them. You may be surprised!

**Take a Thankfulness Walk wherever you are able to at the moment -**  
around the garden, your street, the park the countryside... As you walk, ask God to open your eyes and ears and help you pay attention to the wonders of his creation, large and small.

**If you are not able to get out of doors,**

spend time at your window searching for the many evidences of God's wonderful creation. Watch the sky, the sunshine, the wind, the rain and the light. Listen to the birds and the rustle of leaves. Breathe deeply and give thanks. 'Let EVERYTHING that has breath, PRAISE THE LORD!'.  
Psalm 150:6

You could record what God shows you in a Thankfulness Journal.

**Sit down and take a journey around your room with your eyes.**

Imagine God is sitting with you. What might he want to show you? What might you want to show him? Notice the things that evoke memories of people or places, photos of family and friends, gifts given with love and thankfulness, things made with skill and care, living plants and flowers – see where your God inspired imagination leads you and then pause and give thanks. You may feel encouraged to pray for some of the people, places and situations that come to mind.

**Praying with Scripture**

Choose a passage e.g. Psalm 139:1-18, Psalm 23, Psalm 103: 1-8, Ephesians 2: 4-10, 1 Peter 2: 9-10. Read through slowly, pausing whenever you need to, and give thanks.



## Write handwritten letters or cards

(use technology if it's more appropriate!) to thank a wide range of people. Flowers or cakes are always welcome!

Make phone calls simply to say thank you.

Thank people you see e.g. the post deliverer, the recycling staff, shop and takeaway workers...

Many people need encouragement and don't feel valued.

Thankfulness can make a huge difference as was evident by the Thursday evening affirmation of the NHS and other frontline workers.

Show and speak out thankfulness to those you live with, your family, your friends, your neighbours. It's so easy to forget to do this.

## When you are feeling least like giving thanks, BE INTENTIONAL

and choose to do it! You could start by thanking God for every breath you breath, the steps you take, the water in your tap, the home you live in, the kindness you have experienced, the sound of the birds, the beauty of God's creation and the never ending unfailing love and acceptance that took Jesus to the cross. 'For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord,' Romans 8: 38-39 and GIVE THANKS

---

*'Is it only when our lives are emptied that we're surprised by how truly full our lives were? Instead of filling with expectations, the Joy-filled expect nothing – and are filled. This breath! This oaktree! This daisy! This work! This sky! These people! This place! This day! SURPRISE! Receiving God's gifts is a gentle, simple movement of stooping lower. What humbles like an extravagant gift? And hadn't I felt the joy of small child-wonder when I paused to give thanks? The quiet song of Gratitude lures humility out of the shadows because to receive a gift the knees must bend humble and the hand must be vulnerably open and the will must bow to accept whatever the Giver chooses to give.*

- from 'One thousand Gifts' by Ann Voscamp

---