

The Dot - 9/25/20

Spiritual Disciplines and Practices: *Gratitude*

Interview with Jane Horrocks



Definition:

Gratitude is a loving and thankful response toward God for His presence with us and His provision for us. We delight in God and His good will with a posture of thankfulness.

Scripture:

- 1 Thessalonians 5:16-18- *Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*
- Psalm 136:1-2- *Give thanks to the Lord, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever.*
- Philippians 4:6- *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Reflection Questions:

- With all that is happening in the world it is easy to be negative and discouraged. What are some things that have bummed you out recently?
- How can dwelling on God's blessings and practicing gratitude change your attitude?
- Who is someone you know that is extra positive, grateful, and thankful? What do you admire about them?
- What are some things that you are grateful and thankful for right now?
- How does gratitude help us to be the 'light of Jesus' to others in the world?

Spiritual Exercises:

- Start your day by offering God prayers of thanksgiving.
- Pray the A.C.T.S. Prayer.
 - A- Adoration- *praising God for who He is.*
 - C- Confession- *sharing your sins and struggles with God.*
 - T- Thanksgiving- *offering gratitude for the blessings and gifts of God.*
 - S- Supplication- *presenting your requests to God and seeking His help.*
- Practice 'Thank Therapy' by writing down 100 things that you are thankful for.
- Start a 'Gratitude Journal.'
- Read the Psalms and make them your prayers to God.
- Send out notes expressing gratitude to others.

Additional Resources:

- *Spiritual Disciplines Handbook* by Adele Calhoun
- [The Power of Gratitude](#); Bible Wise