

Ways to Practice Gratitude

*One tip – Don't be too serious or think anything is "off limits" for thanksgiving.
The Lord delights in you delighting in what he has made and done!*

Names of God – Come up with names of God one at a time. Think on the name and thank and praise God for that aspect of his character and how it has impacted your life. When you exhaust your thoughts on that name, move on to another.

Thank You Letter – Think of a time when God met you in a significant way. Then, write God a detailed letter telling him why you are so thankful for what he did in that situation.

The 1000 Blessings Challenge – See if you can come up with 1000 things you are thankful for. This one will take an extended time and does wonders to alter attitudes!

ABC Thanksgiving – Go through the alphabet and name something you are thankful for that starts with that letter.

Thanksgiving Collage – Through your own art or the use of books/magazines, create a collage visually depicting things you are grateful for.

Remember when? – Start at year 1 of your life (or the earliest you can remember) and thank God for at least one thing he did that year. When you finish, move on to the next year of your life and repeat until you come up to your present age.

Opposite Spirit – Think of the people that were most difficult in your life. Prayerfully think on each one and thank God for positive things about that person. If you need to forgive, do it as an act to Jesus, recognizing that for his sake – not the sake of the person – you choose to forgive.

Use an Object – Pick up an object from your home or nature. Encounter it with all your sense, 1 by 1, thanking God for anything that comes to mind through your sensory interaction with that object.

Wall of Thanks – Using 3x5 cards, write or draw something you are thankful for. Attach the cards to a wall and cover the wall in a brick pattern of thanksgiving.

Christ in Me – Think of a friend who lives a godly life. Carefully think through his or her life and thank God for the ways he and his grace come to the world through that person.

Thanksgiving Walk – Take a walk in your city or nature and thank God for everything you come across, be it object, people or interactions.

Weird places or things – Think of something that is hard for you to associate with God or his presence. Invite God to show you how is present there, and thank him as things come to mind. You can also go to odd places where you do not usually think about God, and consider ways you can thank him for his goodness in a new way.