

# HOW TO DEVELOP GRATEFULNESS

## OUTLINE

### I. WHAT IS GRATEFULNESS?

### II. HOW DOES GOD COMMAND GRATEFULNESS?

1. Be grateful to God
2. Be grateful to your parents
3. Be grateful for your conscience
4. Be grateful to your church elders
5. Be grateful to your civil authorities
6. Be grateful to your employer

### III. HOW DID JESUS DEMONSTRATE GRATEFULNESS?

1. He thanked God
2. He thanked His parents
3. He honored His conscience
4. He honored His elders
5. He honored His rulers
6. He honored employers

### IV. WHICH MEMBERS OF THE BODY ARE REQUIRED TO COMMUNICATE GRATEFULNESS?

1. The Mouth
2. Facial Muscles

*The Message of a Smile*

*The Health front a Smile*

### V. HOW DOES THE CHICKADEE DEMONSTRATE GRATEFULNESS?

1. Chickadees have a bright song during dark and cold days
2. Chickadees have a song when other birds are silent
3. Chickadees give a bright response to the provision of daily food
4. Chickadees use variety in the way they communicate cheer

### VI. HOW TO EXPRESS GRATEFULNESS BY REDIRECTING PRAISE

1. Thank the one who praises you
2. Praise the one who thanks you
3. Recognize those who helped you
4. Distinguish praise from flattery

### VII. WHO IN HISTORY DEMONSTRATED GRATEFULNESS?

1. The Grateful Leper
2. King Ahasuerus

### 3. The Apostle Paul

## VIII. HOW TO DISCOVER...

## IX. HOW TO BE GRATEFUL

### 1. How to Express Gratefulness to God

*List the daily ways God benefits you*

*Recall God's help during crises*

*Turn your gratefulness into a song*

*Learn and praise the names of God*

*Give thanks for the hardships of life*

*Thank God when you are not thankful*

*Tell others how God has benefited you*

### 2. How to Be Grateful to Your Parents

*Honor the sacrifices of your parents*

*Cherish what your parents have taught*

*Choose to sit with your parents in public*

*Choose to dress for your parents*

*Redirect praise to your parents*

*Celebrate your parents' special days*

*Give your parents a grateful smile*

*Thank your parents for their correction*

*Find ways to please your parents*

### 3. How to Be Grateful for Your Conscience

*Recognize the vital importance of your conscience*

*Heed the "voice" of your conscience*

*Maintain a journal of gratefulness*

### 4. How to Be Grateful to Your Church Elders

*Praise elders for dedication*

*Be committed to your elders' success*

*Show gratefulness to your elders' wives*

*Encourage your elders' children*

*Affirm your elders' ministries*

*Protect your elders' priorities*

*Praise your elders' Biblical standards*

### 5. How to Be Grateful to Civil Authorities

*Trust in God's control over rulers*

*Thank rulers for their protection*

*Know the functions of your authorities*

*Thank God for your civil authorities*

*Work to make your authorities successful*

### 6. How to Be Grateful to Your Employer

*Be an "energy-giver"*

*Applaud the founder's sacrifices*  
*Keep your eye on the job, not the clock*  
*Don't "learn and leave"*  
*Take note of fringe benefits*  
*Look for ways to save money*  
*Purpose to make your boss successful*

## **X. HOW TO BALANCE GRATEFULNESS**

1. With Loyalty
2. With Thoroughness
3. With Punctuality
4. With Sincerity
5. With Love

## **PRACTICAL ASSIGNMENT**