

HOW TO DEVELOP GRATEFULNESS

Discover the true meaning of GRATEFULNESS

I. What is GRATEFULNESS?

vs. Pride

GRATEFULNESS is

Communicating to others the precise ways in which they have benefited my life, and looking for ways to honor them.

PRIDE is

Believing that I have achieved what God and others have done for me and through me.



The meaning of gratefulness:

Gratefulness is acknowledging the fact that everything that we have is the result of God and others investing in us. As Scripture states: „*For who maketh thee to differ from another? and what hast thou that thou didst not receive? now if thou didst receive it, why dost thou glory, as if thou hadst not received it?*” (I Corinthians 4:7).

Gratefulness is an attitude of indebtedness along with the motivation to adequately express that attitude. It is recognizing that in ourselves we have nothing, that we are nothing, and that whatever we do have, we owe to God, to our parents, to our family, and to others.

The word gratefulness is expressed by the Greek word (yoo-kar-iss-TEH-oh), which means „to be thankful and express gratitude:” means „good or well,” and (charis) means „grace.” Grace is the desire and the power that God gives us to do His will. „*In every thing give thanks: for this is the will of God in Christ Jesus concerning you*”(I Thessalonians 5:18).

II. How does God command GRATEFULNESS?

1. Be grateful to God.

„I will praise the name of God with a song, and will magnify him with **thanksgiving**” (Psalm 69:30).

2. Be grateful to your parents.

„**Honour** thy father and mother . . .” (Ephesians 6:2-3). „For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy” (II Timothy 3:2).

3. Be grateful for your conscience.

„I **thank God**, whom I serve from my forefathers with pure conscience ...” (17 Timothy 1:3).

4. Be grateful to your church elders.

„Let the elders that rule well be counted worthy of **double honour**, especially they who labour in the word and doctrine” (I Timothy 5:17).

5. Be grateful to your civil authorities.

„**Honour** all men. Love the brotherhood. Fear God. **Honour the king**” (I Peter 2:17).



6. Be grateful to your employer.

„Let as many servants as are under the yoke count their own masters worthy of all **honour**, that the name of God and his doctrine be not blasphemed” (I Timothy 6:1).

III. How did Jesus demonstrate GRATEFULNESS?

1. He thanked God.

Jesus expressed gratefulness to God for answering His prayer. „. . . Father, I thank thee that thou hast heard me” (John 11:41).

2. He thanked His parents.

Jesus emphasized the importance of caring for parents (Mark 7:10-13) and cared for His own mother at the Cross (John 19:26-27).

3. He honored His conscience.

He was able to receive the gratefulness of Mary, Levi, Nicodemus, and other repentant sinners because of a good conscience. (See Luke 7:36-50.)

4. He honored His elders.

Jesus directed the gratefulness (as well as the customary offering) of one He had cleansed to the priest. (See Mark 1:40-44.)

5. He honored His rulers.

Jesus encouraged gratefulness toward rulers by instructing His disciples to pay taxes and to go „the second mile” (See Matthew 17:24-27.)

6. He honored employers.

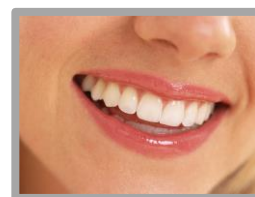
Through the parable of the hired laborers, Jesus taught employees to be grateful for the generosity of employers. (See Matthew 20:1-16.)

„In that hour Jesus rejoiced in spirit, and said, I thank thee, O Father, Lord of heaven and earth ... for so it seemed good in thy sight” (Luke 10:21).

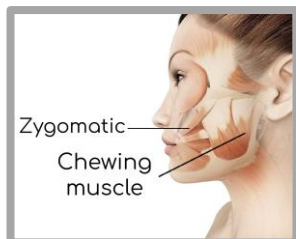
IV. Which members of the body are required to communicate GRATEFULNESS?

1. The Mouth

The lips of a person express gratefulness, not only in the words that are spoken, but also by the formation of a sincere smile.



2. Facial Muscles



Many muscles are used for voice and facial expressions. Significantly, far more muscles are needed to frown than to form a smile.

The Message of a Smile

A warm, loving smile directed at a person says: „You are important,” and „I appreciate you and what you mean to me.”

A genuine smile reinforces any expressions of gratefulness that you verbally give to a person. If words of appreciation are given without a smile, the message which you are trying to communicate will be canceled out.

The lack of a smile forces people to focus on you and wonder what is wrong with you or what they have done to offend you. Thus, the lack of a smile communicates self-centeredness, which is the opposite of gratefulness.

The Health front a Smile

The Bible states that „*a merry heart doeth good like a medicine ...*” (Proverbs 17:22). This fact has been medically verified by researchers at the University of California.

They measured the chemical responses in people who simply mimicked a smile. To their amazement, they found that healthy hormones were secreted that strengthened the immune system.

When the people in this test frowned, unhealthy hormones were produced, which weakened their immune systems.

Further studies have demonstrated that the thalamus gland of a person is strengthened when he” sees someone who is smiling.

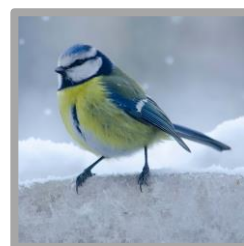
V. How does the chickadee demonstrate GRATEFULNESS?

1. Chickadees have a bright song during dark and cold days.

It is easy to be grateful during days when things are going well, yet God instructs us to give thanks “in all things” even during the dark days of adversity.

When the storm clouds gather, and the rain, sleet, or snow pelts the earth, the song of the chickadee can be heard. The chickadee seems to embrace the crudest weather with a bright, cheery response which amazes and strengthens those who hear it.

In fact, the chickadee is named after its song: „chickadee-dee-dee.” For the chickadee to sing during winter storms is quite a feat, because its body cools quite rapidly.



2. Chickadees have a song when other birds are silent.

Expressing gratefulness is a rare phenomenon among people. When Jesus healed ten lepers, only one returned to give thanks. Similarly, communicating a bright, cheerful song during adverse conditions is rare for the birds of the forest. In the bitter cold of winter when other birds seek out the warmth of shelter, the chickadee is busy about the task of sounding its cheerful notes throughout its domain.

Its continual praise apparently has a beneficial effect upon the chickadee’s longevity. It outlives many of its feathered friends, with a lifespan of up to nine years.

3. Chickadees give a bright response to the provision of daily food.

Young chickadees have very healthy appetites, and their parents have a difficult job satisfying their needs. Thus, it would be logical for them to hoard whatever food they find in the forest.

However, as if to express gratefulness to God, they sing when they have found a fresh provision of food. Their song signals other chickadees that are in the area and informs them of the new provision. They quickly fly over and partake of it.

4. Chickadees use variety in the way they communicate cheer.

The sincerity of gratefulness is often measured by the creativity by which it is communicated. The more forethought that is invested in expressing gratefulness, the more it is appreciated by the one receiving it.

The way gratefulness is expressed must also be appropriate to the time, occasion, and circumstances surrounding it. Scripture warns that a loud blessing given too early in the morning will be taken as a curse. (See Proverbs 27:14.)

The chickadee illustrates both of these points in its varied melodies. As the days become warmer, the „chickadee-dee-dee” changes to „phee-bee, phee-bee.” Chickadees also express themselves with a whistle and another three-note song.

VI. How to express gratefulness by REDIRECTING PRAISE

Every time someone thanks us for doing good or praises us for some achievement, we have an important opportunity and responsibility to express gratefulness to God and to others.

Whatever we have accomplished has not been done by our efforts alone. Many others have helped us. Most importantly, God has made it all possible. If we thank people for their praise and fail to acknowledge the work of others, we give the false idea that we accomplished it all. Such a response would demonstrate pride. Whenever someone thanks you or praises you, do the following:

1. Thank the one who praises you.

A bright, cheery „thank you” will be a pleasant reward to the person who is expressing the quality of gratefulness to you.

2. Praise the one who thanks you.

When you are thanked, identify a character quality that you can praise in return. If you are thanked for helping someone, you could say, „Thank you! You are very kind in saying that.” If complimented for an achievement, you could answer, „Thank you! You are very thoughtful to encourage me.” If you are praised by one who exhibits the same quality, you could say, „Thank you! You have been an example to me in this area.”

3. Recognize those who helped you.

Be prepared to acknowledge immediately those who helped you do that for which you were just praised. Here are some examples: „I am grateful for my parents’ training,” „I had some very good teachers,” „It was a team effort, and I could not have done it without _____,” or „I am grateful to God for making it possible for me to do this.” A proper response usually requires much forethought in order for it to be accurate and appropriate.

4. Distinguish praise from flattery.

Praise is pointing out a specific character quality in another person and telling him how it has benefited your life. Flatter/ is an exaggerated compliment, usually given with an ulterior motive.



VII. Who in history demonstrated GRATEFULNESS?



1. The Grateful Leper

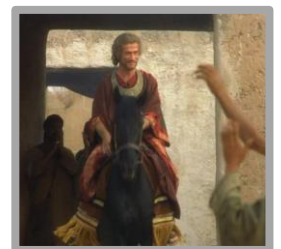
Leprosy is a dreaded disease. Those who suffered from it in Jesus’ day had to cry out the warning, „I am unclean! I am unclean!”

Ten lepers cried out to Jesus as He entered their village, „Master, have mercy upon us!” Jesus gave them precise instructions. The lepers demonstrated attentiveness and obedience, and they were all healed. Only one returned, however, and with the same loud voice glorified God by giving thanks for his healing. Jesus gave that man additional spir-

itual healing. (Read Luke 17:11-19.)

2. King Ahasuerus

This Persian ruler, also known in history as Xerxes, reigned 20 years—from 486 to 466 B.C. One night when he could not sleep, he asked a servant to read the records of recent events. The king listened attentively as the account of how a despised Jew exposed a plot to kill him. The king asked, „What has been done to honor this man?” The servant replied, „Nothing.” Like most people, the king did not know how to express his gratefulness, so he asked for counsel. By following that counsel he brought about unexpected justice. (Read Esther 6.)



3. The Apostle Paul

As a zealous young Pharisee, Saul was given special authority to persecute believers. He became a feared enemy of the first-century Church. One day, he saw the power of God and became a believer in Jesus Christ. He became known as the Apostle Paul—courageous spokesman for the faith. Those he helped demonstrated gratefulness by sending him gifts. Paul expressed his gratefulness for their generosity through letters which are now part of the New Testament. (Read Acts 9 and Philippians 4:10.)



VIII. HOW TO DISCOVER...

The Key to GRATEFULNESS

The more we realize how indebted we are to God and deserving of nothing but eternal judgment, the more grateful we will be for the many ways He and others benefit us.

One day Simon, a Pharisee, invited Jesus to his home for a meal. During the meal a repentant woman came in, wept over Jesus' feet and then wiped His feet with her hair. Simon murmured against Jesus for letting an immoral woman touch Him, but Jesus said,

„There was a certain creditor which had two debtors: the one owed five hundred pence, and the other fifty. And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most?“ (Luke 7:41-42).

Simon answered that the one who was forgiven the most would be most grateful. Jesus commended him for a right answer and then explained that the woman who was weeping had been forgiven many sins, and, therefore, she was very grateful to God.

The woman who washed Jesus' feet was repentant for her many sins. Each of us is also guilty of many sins when we compare our lives to the holy standards of God's Law. (See Exodus 20.)

We can follow her good example by repenting of our pride and willfulness and receiving the forgiveness that Christ has already provided for us by His death on the cross. (See John 3:1-17.)

„O God, I recognize that I am a great sinner and deserving of eternal judgment. I thank You for sending Jesus Christ to pay the penalty for all my sin, and I do now receive Him as my Lord and Savior. Thank You for hearing this prayer and for giving me eternal life.“

IX. HOW TO BE GRATEFUL

1. How to Express Gratefulness to God

List the daily ways God benefits you.

Every day God gives us multitudes of benefits which we tend to take for granted. When was the last time you thanked God for the air that you breathe? or the ability to enjoy a meal? or for the sound of singing birds? or the measure of health that you have? There is wisdom in the hymn Count Your Blessings: „... Count your many blessings, name them one by one, and it will surprise you what the Lord hath done....“ Gratefulness requires daily alertness.



Recall God's help during crises.

Whenever we face a crisis or major need, we tend to cry out to God for His help. After He gives help and the crisis is past, we often fail to thank God for His divine assistance. Sometimes we even fail to acknowledge that it was God Who protected us from disaster or provided for our needs.



Turn your gratefulness into a song.

David commemorated God's help by writing a Psalm or song or by giving an offering. Remember the last time God helped you, and write out a document of gratefulness to Him, David said, „... My heart trusted in him, and I am helped; therefore my heart greatly rejoiceth; and with my song will I praise him“ (Psalm 28:7).

Learn and praise the names of God.

God reveals Himself to us by the meanings of His names. David instructs us to honor God by His names: „Give unto the Lord the glory due unto his name; worship the Lord

in the beauty of holiness" (Psalm 29:2). As you read Scripture, list the names of God and the benefits associated with each name.

- Lord God Almighty—His power and protection of me
- Creator of Heaven and Earth—His benefits through nature
- The God of Our Salvation—eternal life through Christ
- The God Who Changes Not—the security of His promises

Give thanks for the hardships of life.

It is easy to be grateful when everything is going well, but God wants us to thank Him „in all things.” This includes the difficult times and the times of personal loss. After Job lost all of his possessions, his health, and his children, he said, „... *Naked came I out of my mother's womb, and naked shall I return . . . the Lord gave, and the Lord hath taken away; blessed be the name of the Lord*” (Job 1:21).

Thank God when you are not thankful.

Thanking God is an act of obedience of the will. Being thankful is an emotion that often results when we obey the instruction: „*In every thing give thanks: for this is the will of God . . .*” (1 Thessalonians 5:18). When we see how difficult times are being used of God to build character in our lives, we will understand how all things work together for good, and we will be thankful. (See Romans 8:28.)



Tell others how God has benefited you.

True gratefulness is expressing to God and others how He has benefited our lives. Our daily speech ought to be filled with praise to God for the many ways He continues to benefit us. „Let the redeemed of the Lord say so...” (Psalm 107:2).

2. How to Be Grateful to Your Parents

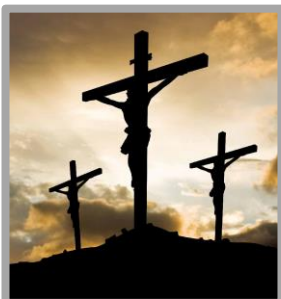
Honor the sacrifices of your parents.

While you were in your mother's womb, she was limited in what she could do or eat. She experienced even greater limitations after you were born. Your father had to share your mother's attention and affection with you and also make significant financial investments in your birth and care. Find out what physical discomforts your mother experienced before and after your birth and what things your father gave up for you. Thank your parents for these sacrifices with a letter or gift, or in some other creative way that will be meaningful to them.



Cherish what your parents have taught.

You have benefited from all the things that your parents have learned during their lifetimes. They have taught you to walk and speak and to watch out for danger. They have answered your many questions and given you instruction in a variety of areas. They have also arranged for additional training by others. Review with your parents a list of the things they have taught you and ask them to share other things that have been valuable to them.



Choose to sit with your parents in public.

When you sit with your friends in church rather than with your parents, you are saying, „I am more grateful for my friends than I am for my parents.” By sitting with your parents, however, you are publicly communicating the respect and gratefulness which you have for them and your desire that other people also respect and appreciate them.

Choose to dress for your parents.

Imitation is an expression of admiration. When you dress to please your parents rather than your friends, you are making a powerful public statement of gratefulness and loyalty. The very word son means „in the likeness of his father.” In some countries it is customary for each family to have its own unique dress pattern, design, or emblem. Families that dress alike show strength and unity. You also show gratefulness by taking good care of the clothes your parents have provided for you.

Redirect praise to your parents.

Whenever someone praises you for your actions or achievements, redirect that praise to your parents. For example, if you are praised for academic accomplishments, you should thank the person and then

say, „I am grateful to my parents, who gave me a love for learning.“ When someone compliments you on your clothing, you could say, „My parents instilled in me the importance of proper dress.“

Celebrate your parents' special days.

Ask God for creativity in designing banners, posters, cards, letters, or gifts that will express your appreciation for your parents on their birthdays and anniversaries. It would even be appropriate to give your mother a gift on your birthday, because that day also marked a special event in her life. For significant anniversaries, ask your parents' friends to write letters of appreciation which you could compile into an album for them.

Give your parents a grateful smile.

A warm, loving smile from sons and daughters is a wonderful gift of appreciation to parents. A smile communicates to all who see it that the parents are doing a good job and that their investments of time and energy are genuinely appreciated.

If you are wondering whether it is appropriate to smile when you do not feel happy, ask yourself whether it is appropriate for your father to go to work when he does not feel like working. Neither is it hypocritical to smile if you do not feel like it, because the smile is not saying, „I am happy.“ Rather, it is stating, „I want to encourage you, because you are the one who must look at my face.“

An Obedient Smile

There are actually three types of smiles. The first one is the obedient smile. We smile when we do not feel like it, because God says, „Rejoice in the Lord always: and again I say, Rejoice“ (Philippians 4:4).

A Ministry Smile

The second smile is the ministry smile, which states, „Regardless of how I feel, I want to encourage you by letting you know that I am grateful to God for you, and that you are valuable to me.“

A Joyful Smile

The third smile is a spontaneous expression of the joy that is in our hearts. This kind of smile does not take effort but is a natural expression of the gratefulness we feel toward God and others.

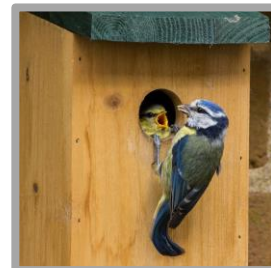
The importance of maintaining a cheerful attitude in the home cannot be overemphasized. When a son or daughter does not smile, parents are forced to wonder what is wrong or what they have done to offend their child. The absence of a smile communicates selfishness rather than gratefulness.

Thank your parents for their correction.

Scripture is very clear in explaining that chastening is an expression of love. Even when parents do not chasten correctly, it is still their desire to protect you from the danger of wrong friends or activities and to train you in what is right. God states, „*He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes*“ (Proverbs 13:24). After receiving correction, thank your parents for giving it to you. „...*We have had fathers of our flesh which corrected us, and we gave them reverence ...*“ (Hebrews 12:9).

Find ways to please your parents.

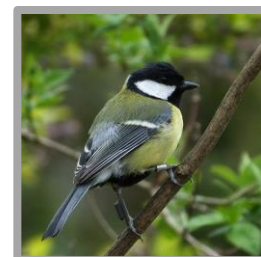
The best way to show gratefulness to your parents is to look for ways to please them. Express gratefulness for meals by sitting at the table until everyone is finished and then volunteering to clean up. Show gratefulness for your home and car by keeping them clean.



3. How to Be Grateful for Your Conscience

Recognize the vital importance of your conscience.

The conscience was designed by God to let us know when we are breaking laws that will damage our lives and the lives of others. Those who sear their consciences make tragic decisions and very quickly lose their ability to be grateful to God, their parents, or others. Their ungratefulness results in broken relationships.





Heed the „voice” of your conscience.

Your conscience will not only warn you not to do evil, it will also remind you to be more grateful to God and to others who benefit your life. When you are prompted to thank someone, be sure to obey that prompting as quickly as you can.

Maintain a journal of gratefulness.

Only as you write down the names of people who have benefited your life and how they have helped you will you have the proper basis for keeping a good conscience and showing gratefulness. The way you thank a person and his response can also be included in this journal. This journal will be a rich heritage for your children.

4. How to Be Grateful to Your Church Elders

Praise elders for dedication.

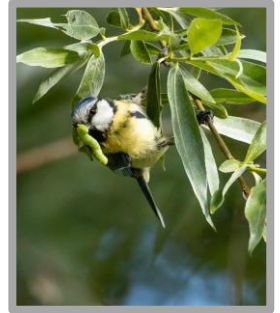
The elders of your church have dedicated their lives to the work of the Lord and the spiritual care of others. They are to be honored for such goals. „Let the elders that rule well be counted worthy of double honour, especially they who labour in the word and doctrine” (1 Timothy 5:17). Tell your elders that you admire their example of dedication.

Be committed to your elders’ success.

Church leaders who stand for truth will be under attack from those who oppose their message. They will also experience extra pressures in their marriages and families because of the demands of the ministry. Your goal should be to work and pray for their success. This goal should be the motivation behind every expression of gratefulness. Your place is not to judge, but to pray and encourage.

Show gratefulness to your elders’ wives.

The wife of a church leader will experience pressures which other women will not have. Her personal life and children are under constant scrutiny. She is expected to excel in each area of her responsibility. She must bear the criticism and reaction given to her husband, and she must often live in the temporary provision of a church parsonage with an uncertain future. Express your gratefulness to her by notes of appreciation, by prepared meals when appropriate, and by letting her know that you are available to assist her whenever needed.



Encourage your elders’ children.

The children of elders often experience greater peer pressure than other children, because more is expected of them. They will also bear any reaction or rejection against their father. Be a friend to each child. Reward them for building Scripture into their lives, and encourage them to accept the opportunity of leadership.

Affirm your elders’ ministries.

List the ways that God has used your elders to encourage you and benefit your life. What messages or words have encouraged you? What efforts have been expended to help you during times of need? Who has an elder helped who in turn has helped

you?

Tell your elders how they have benefited your life in these specific ways, and pray that God will continue to conform them to the character of Christ so their ministries to others can be widened.

Protect your elders’ priorities.

A wise elder will arrange for time alone with the Lord, time with his wife and each child, and time with the members of the church. Encourage your elders to maintain these priorities.

Praise your elders’ Biblical standards.

God promises to publicly reward those who carry out the Biblical disciplines of prayer, fasting, giving, and memorization and meditation of Scripture. Thank your elders for the example they are in any of these areas. Also encourage them for Godly convictions in the areas of building strong families and seeking after holiness of life.



5. How to Be Grateful to Civil Authorities

Trust in God’s control over rulers.

Civil authorities are established by God to carry out His justice against evil-doers and to encourage those who do right. The Bible calls them „ministers of God for doing good” (see Romans 13), and Scripture assures us that God is the One Who puts them in authority: „...God ...putteth down one, and setteth up another” (Psalm 75:7). Also, „The king’s heart is in the hand of the Lord, as the rivers of water: he turneth it whithersoever he will” (Proverbs 21:1). Thus, when we thank a civil ruler for doing good, we are honoring God-ordained authority.



Thank rulers for their protection.

The primary responsibility of civil authorities is to punish those who do evil and to praise those who do well. (See I Peter 2:13-14.) God has written His Law in the heart of every person. We know instinctively that it is wrong to murder, steal, lie, or commit immorality. God ordained civil authorities to punish those who commit crimes. For this purpose He gave government the „sword.” Officials in law enforcement receive the greatest reaction against them and therefore need the most encouragement. Get to know those who risk their lives for your safety, and express appreciation to them in meaningful ways.



Know the functions of your authorities.

Most of the services that civil authorities carry out are taken for granted by citizens. Thus, there is usually not a great sense of appreciation for them until the services are interrupted. Here are a few of the benefits that most governments provide:

A Standard for Currency

A stable currency protects the value of your investments. Inflation will effectively erode your hard-earned assets.

Roads and Highways

Every time you drive, you benefit from government-maintained roads and officers’ enforcing safety laws and giving protection.

Mail Service

You can drop a letter into any mailbox and have it delivered anywhere in the world because of governmental postal systems.

Assisting Needy Individuals

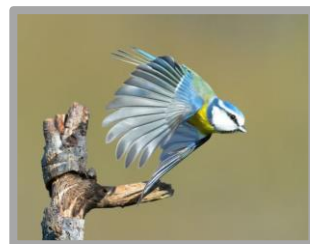
When families and churches fail to carry out their God-given responsibilities, the government must provide for them.

International Affairs

Opportunities for you to travel to other countries are maintained by embassies and by government treaties.

Thank God for your civil authorities.

Every believer is instructed to pray for civil authorities. In order to pray effectively for them, we should learn as much as we can about them, their families, and the pressures they face. (See I Timothy 2:1-5.) From time to time, write a letter of encouragement to your authorities, letting them know how you are praying for them.



Work to make your authorities successful.

As you pray for the specific needs of your authorities, God may direct you to take definite steps to meet those needs. Do this as an expression of your appreciation for the benefits you are receiving.

6. How to Be Grateful to Your Employer

Be an “energy-giver.”

There are three kinds of employees: those who take energy from others, those who give energy to others, and those who do neither. The best way to express gratefulness to your employer is to be an „energy-giver” to him and to fellow employees by your cheerful spirit, your words of encouragement, your alertness to detail, and your faithfulness on the job.





Applaud the founder's sacrifices.

Many flourishing businesses were begun through the sacrificial efforts of their founders. Often the founder invested years of savings and long hours to get the business started and then continued supporting it until it became a profitable venture. Those who were hired later have little understanding or appreciation of the early hardships from which they are now benefiting. Do some personal research and write an appropriate tribute of praise and appreciation to the founder.

Keep your eye on the job, not the clock.

Few things are more discouraging to an employer than employees who clear their desks at quarter to five and just sit there waiting for the clock to strike five. Express your appreciation for your job by being a few minutes early, taking minimal breaks, finishing jobs that go beyond quitting time, and being just as diligent when the boss is away as when he is there. Keep in mind that God is watching over your work, whether or not your boss is there. (See Colossians 3:23-24.)

Don't „learn and leave.

Most jobs require special training before an employee is productive. During the months or years of training, an employer will put up with mistakes, low production, and loss of the trainer's time in hopes of gaining a trained, skilled worker in the end. Those who take a job to get the training and then leave for a better job are not demonstrating gratefulness.

Take note of fringe benefits.

Today a significant portion of the salary package of an employee is the fringe benefits. Make a list of these benefits and let your employer know that you are grateful for each one. Benefits often include a medical plan, vacation time, sick days, safety precautions, refreshment breaks, and updated equipment.

Look for ways to save money.

There are a multitude of large and small ways that you can save money for your employer. You can turn off electrical equipment when not using it. You can think of the most efficient way to do a job before starting it. You can take proper care of tools and equipment. You can keep your workplace neat and orderly, and most of all, you can eliminate socializing and personal business. By doing each one of these, you demonstrate gratefulness.



Purpose to make your boss successful.

The best way to express gratefulness to your employer is to dedicate yourself to making him successful. Find out what his goals are and look for ways to help him reach them. Also do all you can to protect his name, because you represent it by your work.

X. HOW TO BALANCE GRATEFULNESS



1. With Loyalty

There is a tendency to be drawn to those who have gone out of their way to help and befriend us. However, if we express genuine appreciation to newfound friends and fail to recognize the many ways our parents have invested in our lives, our gratefulness to the new friends will be viewed as disloyalty to our parents.

2. With Thoroughness

In the process of publicly thanking those who have helped you with a job, it is easy to overlook someone who has had a significant part. When this happens, there are usually hurt feelings and even roots of bitterness that go very deep. This problem can be avoided by starting a list of those who help you at the beginning of the project.

3. With Punctuality

There is an appropriate time to thank a person who has helped you. That time is as soon as possible afterward. The more you delay in thanking a person, the less it will mean to him when you finally do it. Also, the later it gets, the more difficult it becomes for you to express genuine appreciation.

4. With Sincerity

People can sense when you thank them out of obligation or as a routine task. The more creative your „thank you” is and the more you invest yourself in it, the more convinced they will be of your sincerity. Nevertheless, a short note is far better than no note.

5. With Love

It is possible to show appreciation to a person with the motive of receiving something further in return. Such a motive would violate the spirit of genuine love and miss the mark of true gratefulness.

Blessings to you, our dear friends!

We are happy to present the video, audio and paper materials that have been prepared by **New Life for Churches**. You have the privilege *upon completion of your practical assignment* to use this lecture with others.

Practical assignment

Completed

- Gather your family together and teach on gratefulness. Adjust the material to the age and attention span of your children. Interact with them, even at the teen level. Don't make it a lecture! Write a short report on what you did, who was there and what interaction you had with different members.

☐

Date:

Who:

How:

- Preach on gratefulness. Adapt to the audience. Use many illustrations. Write a brief report below

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Date:

Where:

Who:

What was the response: