

Thankfulness - Nourishment For Your Soul

Drawing Near to God Through Thankfulness (find a quiet place to relax)

1. **Give Thanks** Tell God – Father, Son, and Holy Spirit, what you are grateful for during the past day.

Whether it be the gift of life, another day, the love you have receive, courage to overcome challenges or the events of the day – giving thanks to Him. (Phil. 4:6).

2. **Petition:** Ask God, through the Holy Spirit, to reveal key events of your day (John 16:13).

Our insight is limited, but our Heavenly Father knows and cares for us: God wants us to grow in our relationship with Him and be conformed to the image of Christ. (Rom. 8:29).

3. **Review: Reflect on the Events of Your Day.**

- Where have I felt God's presence as joy, peace, comfort, consolations, etc.?
- When did you feel troubled, burdened, distant from God?
- Did you pause today to speak to God or ask for His help?

"Search me, God, and know my heart; Put me to the test and know my anxious thoughts; and see if there is any hurtful way in me and lead me in the everlasting way. (Psalm 139:23-24, NASB)

4. **Respond: Face What are you convicted of?**

- In light of my reflections, what is my response to the God of my life? What do I have to confess? Pray all or part of Psalm 35, 38, 51, 102, 130 or 143.

"Create in me a clean heart, God, And renew a steadfast spirit within me... Restore to me the joy of Your salvation, And sustain me with a willing spirit." (Psalm 51:10-12, NASB)

5. **Receive: Take Time to Receive the Lord's Forgiveness and Consolation.**

- Give thanks to God. What has He revealed? What has he done for you?

6. **Act: What Is God Prompting You to Do?**

- As you look ahead, what comes to mind?
- With the help of the Holy Spirit, what is Christ calling me to do tomorrow?
- Ask the Lord in prayer to help you carry out what He has shown you to do.

Thankfulness as a Spiritual Practice (outline and notes)

1. **Scriptures:** Psalm 136:1-9; Matthew 15:32-37; Philippians 4:4-7

2. **Psalm 136:1-9:** God's work in creation.

- We give thanks for God's creative work and activity in our lives.
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3. **Matthew 15, 32-37:** Feeding of the 4000.

- The people respond to Jesus' healing work with thankfulness.
 - Jesus gives thanks to God for the food, God provides abundantly.
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4. **Philippians 4:4-7:** An attitude of thankfulness.

- Tell God what you need and thank Him for what He has done.
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5. **Remember the benefits of thankfulness:**

- Thankfulness improves relationships – God and others!
- Thankfulness improves physical health.
- Thankfulness improves psychological health.
- Thankfulness enhances empathy and reduces aggression.
- Thankfulness people sleep better.
- Thankfulness improves self-esteem
- Thankfulness increases mental strength.

Resources:

Curt Thompson, *Anatomy of the Soul*, Tyndale House Publishers.
<https://presbyterian.ca/wp-content/uploads/Spiritual-Practices.pdf>
<https://presbyterian.ca/worship/>