

## 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.
- 

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.
- 

4. **Philippians 4:4-7:** An attitude of thankfulness.

- Tell God what you need and thank Him for what He has done.
- 

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 sleep better
- Thankfulness increases self-esteem and mental strength!