

Thank You

TALKING MYSELF INTO GRATITUDE

Psalm 103

- 1) Begin by _____ your blessings.

- 2) _____ deeply the blesser.

- 3) Join the _____ of gratitude.

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

- 1) What are the top three things you love most but also take for granted? Read Psalm 103. Are any of your “things” listed by the psalmist?
- 2) Examine James 1:16-18. How have you seen God provide these gifts in your life? Be specific.
- 3) Would you say you are “training” or “trying” when it comes to expressing gratitude? What would you like to be true about yourself?
- 4) What will you do this week to celebrate Jesus and His goodness to you?

MEMORY VERSE

“Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits.”

Psalm 103:1-2