

## Thankfulness

In our rushed lives, sometimes gratitude is the last thing on our minds when it should be on the forefront - at all times. When we actually stop to think about it, there is always so much to be thankful for.

Let us begin with the Creator of gratitude Himself. Jesus modeled perfect thankfulness during His lifetime on earth. There are four specific times when Jesus gave thanks: [Luke 10:21](#)

Thankful That God Hears Us

[John 11:41-43](#)

Before They Ate His Miracle Meal

[Matthew 15:36](#), [Mark 8:8](#), and [John 6:11](#).

Before the [Last Supper](#)

[Matthew 26:26-27](#).

When Job was in the midst of turmoil and great loss, he chose to praise God who gives and takes away. [Job 1:20-21](#)

David [Psalm 100](#) [Psalm 136:1](#)

What are you grateful for and in what way have you shown gratitude?

Show gratitude toward others as well as God.

Make it a point to tell family and friends how grateful you are for their kindness. Stock up on thank you notes and use them generously, even for small favors. The more you appreciate people, the more you'll appreciate the One who put them in your life.

Set aside time daily to express thanks to God. [Dan. 6:10](#)