

Developing An Attitude of Gratitude!

(from *Worry Less, Live More* by Robert J. Morgan)

Many of us struggle with the “cloud of worry” in our lives. I’ve been reading a book called *Worry Less, Live More*. One strategy for accelerating an attitude of gratitude is to intentionally focus on having a thankful heart. Robert Morgan gives several suggestions that I wanted to pass on to you!

- 1. Keep a thanksgiving list.**
- 2. Before you fall asleep at night, thank God for three things that happened during the day.**
- 3. Keep a thanksgiving journal.**
- 4. Give thanks at every meal.**
- 5. Whenever you encounter a disappointment or disaster, try to specifically locate and list items for which you can be thankful, even in the midst of the problem.**
- 6. Express gratitude to others.**
- 7. Meditate upon thanksgiving songs and hymns, such as “Now Thank We All Our God.”** Your hymnal can actually be an important tool for use in your devotional life.
- 8. Memorize or reflect upon some thanksgiving passages.** Psalm 100, Philippians 4:6, Colossians 3:15-17 are a few with which to begin.

As we all know, Thanksgiving is a “holiday for every day.” The Lord will use a thankful heart to cast our worry and build deeper trust in Him.