

Be GLAD G=GRATITUDE

Be thankful everyday and express appreciation to others

Overview

- Gratitude is being aware of and appreciating blessings and kindnesses given to us
- We can express it through sincere words of thanks and through actions that show our appreciation.
- An increased spirit of gratitude will bring increased joy into our lives.
- Expressing appreciation makes others want to help you more

Words

- Manners
- Grateful
- Thankful
- Appreciative

Examples

- Saying "Thank You" to others
- Sending a note of appreciation

Quotes

- "Enjoy the little things, for one day you may look back and realize they were the big things." Robert Brault
- "Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward
- "Gratitude turns what we have into enough." ~Author Unknown
- Silent gratitude isn't much use to anyone. ~G.B. Stern
- If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. ~Frank A. Clark
- Gratitude is the best attitude. ~Author Unknown

Bible

- Give thanks unto the Lord, for he is good. Psalm 136:1-26
- It is good to sing praises to our God. Psalm 147:1-20
- Give thanks in everything. 1 Thessalonians 5:18

Questions

- What does gratitude mean to you?
- Share a time when you expressed gratitude to someone? How did it make them feel?
- Share a time when someone expressed gratitude to you? How did it make you feel?
- How are you going to apply this lesson?

Activities

- gratitude rocks
- Catch others applying gratitude
- Write 1 page paper on ? Homework

