

# Prepare a Thankful Heart



Why do you have a desire to have a more spiritual Thanksgiving this year?

Is a thankful attitude something you wish you had more of? If so, why?

Why do you think it's important to be thankful, especially to be thankful as a Christian?

How do you think having a thankful heart brings the light and love of Jesus to the world?

Have you ever encountered someone who exhibited a deep attitude of thankfulness? If so, what impression did they leave on you and what could you possibly learn from them?

What have been your disappointments with Thanksgiving in the past?

If you didn't address this in the previous question, what have been your spiritual disappointments with Thanksgiving in the past? (For example, lack of focus on God, missing prayer, etc)

What do you think your Thanksgiving will look like if you embark in a thankful attitude all month long?

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3 Spiritual Exercises to help you grow a more thankful heart:

## Thankful Alarm

Set an alarm (probably on your phone) to go off at the top of every hour and when it goes off, stop for a moment and thank God for something.

Here's an example:

11 am: God, I am so thankful for the breath in my lungs.

3 pm: Jesus, Thank you for showing me what love is through the selfless sacrifice you gave.

8 pm: Lord, Thanks is on my heart as I shared the evening with my loved ones!

## Thankful Journal

Start writing down all the things you are thankful for. For each item, praise and thank God for the abundance you have. You can reflect daily or weekly. Try to get down as much as you can, as it will help you shape your eyes to all that you have!

## Thankful Reflection

What induces gratitude in your heart? Maybe it is giving back, worshipping, quiet time, or time with loved ones. Explore the times you have felt most thankful in your life. If you want to have a thankful heart, find the places you naturally feel thankful and use that as your base.