



We've all heard about making a thank you list which includes the little things, the ordinary stuff we often take for granted. But what if we put on our thinking caps to consider all the benefits of those things; of the reasons *why* we are grateful for them? Our appreciation would soar!

And if we use the same process to include everything in our life—people, circumstances, God—I know you and I would be overflowing with gratitude. I know because it happens to me every time I use this method!

The Lord has taught me to use this God-given exercise when I begin to feel discontented or dry on the inside. Then, amazingly, what starts out as a little stream of thanksgiving turns into a torrent of overwhelming gratitude in my heart. That's because my focus has shifted off of me and onto God—where it should be.

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (Heb 12:2)

Below are some categories of things along with some of the reasons why I am grateful for them. Use this tool to stimulate your thinking and develop extraordinary gratitude!

Categories

Items in your kitchen, living room, bathroom, bedroom, garage, etc.

Kitchen:

I am thankful for:

- Pots, pans, spatulas, and stove because I like to cook
- My non-stick frying pan because
 - I can cook better and with less fat, therefore healthier
 - Easier to clean up
- Refrigerator because it keeps food from spoiling and my water cold
- Dishwasher and running water because it saves me time and effort
- Running water for its convenience, easier to wash dishes and clean hands
- Hot water and dish soap making greasy pan cleanup easier
- _____ because...
- _____ because...

Bathroom:

I am thankful for:

- **Toothbrush** because it keeps my teeth healthy, allows me to have a nice smile
- _____ because...
- _____ because...
- _____ because...
- _____ because...

Body parts

I am thankful for:

- **Eyelids** because they keep my eyes moist & dirt out, without them I wouldn't be able to see, blocks out light and things I don't want to see, easier to sleep
- **Mind** because I can think, imagine, figure out solutions to problems, learn, plan, organize, remember
- _____ because...
- _____ because...
- _____ because...
- _____ because...

Little (or big) ways that God interceded recently

I am thankful for how God...

- **Answered my prayer about joining a small group at my church** because I needed the fellowship and interaction.
- **Led me to a company to help me with my website** because I want to get the message of God's love out to more people.
- _____ because...
- _____ because...
- _____ because...
- _____ because...

Promises of God

I am thankful for God's promise that:

- **He will never leave me** because I don't have to feel afraid, I don't have to do something on my own, I don't have to feel lonely
- **He Loves unconditionally** because it gives me security and self-worth, I don't have to earn His love, He loves me even when I sin
- _____ because...
- _____ because...
- _____ because...
- _____ because...

Other possible categories:

- Items that you wear
- Pets
- People
- Nature/God's creation
- Institutions, organizations, establishments (Church, Ministries, stores, businesses)
- Books you've read
- Beautiful things
- Recreation
- People in the Bible that have helped you grow in your faith
- Specific Bible verses that have helped you grow in your faith
- "Negative" things which God used for good
- Who you are and what you have in Christ
- Other

I am sure you could think of many more. Don't forget to expand as to *why* you are thankful for each one. Let your imagination go here—you'll be surprised for all the things and reasons for which you are grateful when you put on your thinking cap!

This would also be a great exercise to do around the Thanksgiving table—or ANY day and place for that matter!

And give thanks for everything to God the Father in the name of our Lord Jesus Christ. (Eph 5:20)

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