

Developing an Attitude of Gratitude

Week 17: Five Minutes

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.” —Epictetus

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” —1 Thessalonians 5:16–18

Be grateful in advance. Your attitude when you awaken sets the stage for how you live out your day. If you awaken disheartened and anxious about today, odds are that your day will not go well. The thoughts with which we start our day can sometimes be self-fulfilling prophesies. No matter what may happen in the coming day, become grateful in advance. Be thankful that you are alive and can make choices about your attitude.

Line up your life and schedule in the positive. Start off your day by waking up five minutes early to write in a gratitude journal. Make a list of the things that are going right in your life. Don’t give up! Negativity is a powerful mind-set to overcome.

Surround yourself with positive people. A lack of gratitude in people’s lives can be contagious. When you align with positive people, your life overflows with love.

Give thanks regardless of your circumstances. See difficulties as opportunities. Negative people and situations can teach you compassion and forgiveness. You have the choice to grow and mature as a person.

Consider This:

- How do you feel when you first awaken in the morning? Hopeful? Discouraged?
- What are some creative ways that you could change your morning routine in order to help you start off your day with more hope and joy?

Take Action:

In your journal, construct a schedule that starts with at least five minutes to refocus your life on what you do have instead of what you do not have. Throughout your day, remind yourself that you can choose to be grateful regardless of your circumstances.

News and Notes

Birthdays

Shayla Groacke	12/15	Sharon Griffiths	12/17
Amy Reinold	12/21	Ruger Sanderson	12/21

If you birthday has been inadvertently left off this list please let Shannon know.

Those Serving

12/13/2015

Opening Prayer	Colby	Table: West	Jeremy
Song Leader	Tom	Center	Shane
Scripture Reader	Pablo III	East	Gary
Closing Prayer	Jay	Preacher:	Chris
Devotion:	Prayer	Song Leader:	Jay

Announcements: Tom

12/20/2015

Opening Prayer	Dave	Table: West	Gary
Song Leader	Chris	Center	Walt
Scripture Reader	Wiley	East	Ethan
Closing Prayer	Shane	Preacher:	Nate
Devotion:	Gary	Song Leader:	Tom

Announcements: Chris

December: Lord’s Supper Sharon Sidewalks Jay

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