

THANKFULNESS

**100 Things to Be
Grateful For**

by John and Linda Sullivan

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Notes



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Grateful For**

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Thankfulness

100 Things To Be Grateful For

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Moline, IL
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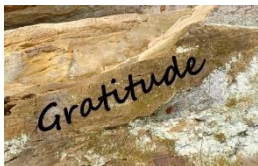
10. Our Mission and Purpose

*But you are a chosen people, a royal priesthood,
a holy nation, a people belonging to God,
that you may declare the praises of him
who called you out of darkness into his wonderful light.*

1 Peter 2:9

There are many reasons to be thankful about the way God has chosen us for his amazing mission and given us a fulfilling purpose in life. Make a list of 10 things to be grateful for about that purpose.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Think about it.

Pray about it.

Express it.

THANKFULNESS

100 Things To Be Grateful For

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Introduction

*Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name.
For the LORD is good and his love endures forever;
his faithfulness continues through all generations.*

Psalm 100:4 – 5

It's possible to take gratitude for granted. We may not realize the healthy impact it has on ourselves and on people around us. We also may not stop to think about how the presence or absence of gratitude makes God feel.

Two things change our mind about taking gratitude for granted. First, just looking at the magnitude of Scriptures on the subject shows us clearly how God feels about it. Secondly, we all know the simple fact that genuine gratitude lifts our spirits and ingratitude brings us down. Both of these results are true, whether we are the givers or the recipients of either gratitude or ingratitude.

It is hoped that this simple journal will encourage you to appreciate the sublime blessing of gratitude. Before you begin, it might be a good idea to pray and reflect about the following:

- How do you think your gratitude or ingratitude affects God?
- How does your gratitude or ingratitude affect others around you?
- How does your gratitude or ingratitude affect your own well-being?

You will notice at the bottom of every page after this one, the following three step suggestion about the things you write down in this journal:

Think about it.

Pray about it.

Express it.

In other words, don't take it for granted. Really think about how God has blessed you, and that you are, in fact, grateful for that specific blessing. Then make sure you tell God specifically how grateful you are. Lastly, be in a habit of communicating your gratitude to others. You will be blessed by doing that, and they will appreciate it too.

Of course, you will find that the 10 categories listed in this journal do not come close to exhausting your gratitude ideas, and a list of 10 things in each category is not enough, but this is a start. Obviously, make it a life-long habit that not only fills up many journal pages, but also fills up your life with the fullness of God.

Finally, those of you with children might find this to be a great project to work on as a family and use as a theme for several family night devotionals.

God bless. We are certainly grateful to God for YOU!

John and Linda Sullivan
November 2020

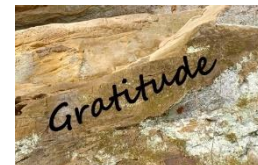
9. Tests and Difficulties

*Consider it pure joy, my brothers and sisters,
whenever you face trials of many kinds,
because you know that the testing of your faith develops perseverance.*

James 1:2 – 3

Followers of God learn to even be thankful for the difficulties that come along (**Psalm 119:71**), because we know that God is teaching us valuable lessons through them. Make a list of 10 things to be grateful for about tests and difficulties.

1. _____
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Think about it.

Pray about it.

Express it.

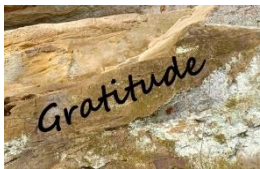
8. Physical Blessings

*His divine power has given us
everything we need for life and godliness
through our knowledge of him who called us
by his own glory and goodness.*

2 Peter 1:3

God blesses us with the things we need for our lives, both physically and spiritually. Make a list of 10 things to be grateful for about the physical blessings that come from God.

1. _____
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10. _____



Think about it.

Pray about it.

Express it.

I. God, the Father

*Come, let us sing for joy to the LORD;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.*

Psalm 95:1 – 3

Christians are convinced that our Father is truly an awesome God, and they want to frequently express their gratitude to him about his amazing qualities. Make a list of 10 things to be grateful for about God, our Father.

1. _____
2. _____
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Think about it.

Pray about it.

Express it.

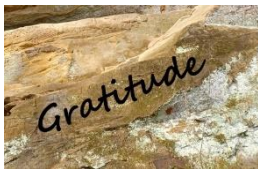
2. The Lord Jesus Christ

*He is before all things, and in him all things hold together.
And he is the head of the body, the church;
he is the beginning and the firstborn from among the dead,
so that in everything he might have the supremacy.*

Colossians 1:17 – 18

There is no one like Jesus Christ. Make a list of 10 things to be grateful for about Jesus, our Lord.

1. _____
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Think about it.

Pray about it.

Express it.

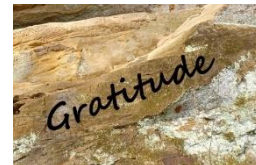
7. Nature – God's Creation

*The heavens declare the glory of God;
the skies proclaim the work of his hands.*

Psalm 19:1

Looking at God's creation causes us to be in awe of him. Everything he has created in nature declares the glory of his creative power and beauty. Make a list of 10 things to be grateful for about nature – God's creation.

1. _____
2. _____
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Think about it.

Pray about it.

Express it.

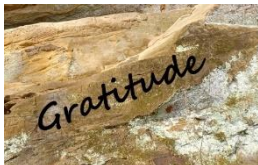
6. Family

*Every good and perfect gift is from above,
coming down from the Father of the heavenly lights,
who does not change like shifting shadows.*

James 1:17

We all have so much to be thankful for. One of the gifts God has given us is family.
Make a list of 10 things to be grateful for about people in your family.

1. _____
2. _____
3. _____
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Think about it.

Pray about it.

Express it.

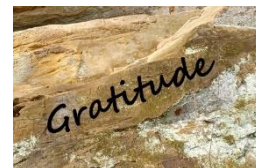
3. The Holy Spirit

*If you love me, you will obey what I command.
And I will ask the Father, and he will give you another Counselor
to be with you forever – the Spirit of truth.
The world cannot accept him because it neither sees him nor knows him.
But you know him, for he lives with you and will be in you.*

John 14:15 – 16

Disciples are in awe when they think about God's Holy Spirit living inside them.
Make a list of 10 things to be grateful for about the Holy Spirit.

1. _____
2. _____
3. _____
4. _____
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6. _____
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10. _____



Think about it.

Pray about it.

Express it.

4. The Kingdom of God

*Therefore, since we are receiving a kingdom that cannot be shaken,
let us be thankful, and so worship God acceptably with reverence and awe,
for our "God is a consuming fire."*

Hebrews 12:28 – 29

God's Kingdom is amazing. Make a list of 10 things to be grateful for about his Kingdom. (**NOTE:** for this gratitude list, try to focus on the principles that are found in God's Kingdom. The next page will focus on specific people.)

1. _____
2. _____
3. _____
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10. _____



Think about it.

Pray about it.

Express it.

5. Brothers and Sisters in Christ

*We always thank God, the Father of our Lord Jesus Christ, when we pray for you,
because we have heard of your faith in Christ Jesus
and of the love you have for all the saints.*

Colossians 1:3 – 4

There are so many people in the church that are a blessing to everyone. Make a list of 10 things to be grateful for about specific people in our church.

1. _____
2. _____
3. _____
4. _____
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6. _____
7. _____
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9. _____
10. _____



Think about it.

Pray about it.

Express it.