40 ways to be more thankful

(adapted from "Practicing Thankfulness" by Sam Crabtree, published by Crossway. Used by permission from the author.

1. Take a lined sheet of paper and write the letters of the alphabet down the left margin. Then list things that begin with each letter of the alphabet and thank God for each of them. This is a simple exercise to do with children. *Note: this is my favorite (David)*
2. When saying table grace before a meal, with open eyes look at the food items and thank God for them specifically and by name – the potatoes with skins, the asparagus tips, the salad, and so on.
3 Ask God to make you increasingly grateful. Ask him now – before moving on to the next tip.
4. Write a prayer that is only thanks and praise – no requests.
5. Thank God for preserving the Bible for you from centuries of banning, burning, and abridging.
6. Name the most painful experience in your life, whether the pain was physical or emotional. Then read passages such as James 1:2-4, Romans 5:3-5, or 2 Corinthians 4:17-18. Thank God for the productivity in your life that he's accomplishing through the pain you've experienced.
7. Express your gratefulness for how Jesus endured such deep suffering.
8. Thank God for an invention you may have taken for granted – door hinges, paper, circuit breakers, stapes, Velcro, or adhesive tape. Then thank God for the inventor.
9. Thank God for "common graces," the provisions he gives alike to all people: the sunrise, rain, air, chirping songbirds, the passing of seasons, tides that circulate the oceans, gravity, and so on.
10. Thank God for "particular graces," which he gives only to believers: election, predestination to justification, calling, regeneration, propitiation, adoption, repentance, sanctification, and glorification.
11. Read Ephesians 2:8 and then thank God for your faith.
12. When I walk to our downtown Minneapolis office, I walk past the residence of a man with crippled legs. He walks with a profound limp and sway.... Never in his life has he run. Thank God for your feet and legs, and for the privilege of feeling the wind in your face when running...
13. Thank God for your eyes that can read...
14. Make a list of your favorite things-chocolate, donuts, Tchaikovsky's Symphony no. 4, your dog-and take delight in thanking God for them.
15. Thank God for something you benefit from that didn't exist at the time you were born.
16. Thank God for something that no longer exists ...

17. What if the world were black and white and gray? Thank God for colors…
18. Thank God for a bad habit he has enabled you to overcome.
19. Thank God for a good habit he has established in your life.
20. Name an aroma for which you are grateful.
21. Go for a walk and find a dozen things to thank God for. (*this is a great one-David*)
22. Thank someone you've never before thanked.
23. Ask God to make gratitude not merely a task you do, but a way of life, a way of seeing, a way of valuing.
24. Thank the Father (John 14:26) and Jesus (John 15:26) for sending the Holy Spirit. Explain what difference it makes to you that he was sent.
25. List things money cannot buy. Give thanks to God and others for them.
26. Name a biblical promise God has made. Thank him for that promise.
27. As part of eating at a restaurant, consider accompanying a generous tip with words of appreciation for such things as alertness (refilling your glass), cheerfulness in serving you, and so on.
28. Do you know someone who's consistently grateful? (Don't hurry past this question; pause until you come up with a name.) Thank that person for his or her good example.
29. Take a photo every day of something you are thankful to God for. Make a gallery.
30. Plunder the riches of the Bible, looking for reasons for giving thanks. And then-give thanks.
31. Stand in front of a cupboard or drawer or closet and thank God for each and every item in there.
32. Thank God for your biological sex, which he knit together for you in your mother's womb (Ps. 139:13-14).
33. God used key individuals in leading you to faith in him. Thank him for the individuals who led *those* people to the Lord.
34. Look at your hands and fingers. Marvel that God gave them to you. Think of all the tasks you've accomplished with them, and thank him.
35. You breathe about 23,000 times a day. Don't take them for granted. Thank God!
36. Count your blessings and do name them one by one.
37. When eating fruit, think of the person who planted the tree, or picked the fruit, or boxed it, or shipped it.
38. The Holy Spirit is call the Helper. Thank him for some specific help he has given.
39. At the restaurant, don't just leave a tip for the table server. Speak your appreciation to him or her and perhaps the management.
40. Say aloud, "I don't want to take [the act, the person] for granted." Then act.

Do you want to take the Thanksgiving Challenge? (Thanking God 40x/day) Let us know! Sign up in the lobby or send an email to David@gracebiblecolumbia.org