



## *CWU Spiritual Formation* *“Inspirational Moment”*

### **“Blessings of Thankfulness”**

***“As I learn Your regulations, I will thank you by living as I should.” (Psalm 119:7 NLT)***

*Think about how often in a day someone does something for us, however small. Do we remember to thank them? Now think about how often God helps us in life. Think about how much God has given us. When we pause to thank God, we recognize that He has a track record of blessing us, providing for us and protecting us. How often do we say “thank you” to Him? Thankfulness changes the way we look at the circumstances in our lives. Complaining connects us to unhappiness; gratitude and praise connect us to the source of real joy...Jesus Christ.*

*When we make thanksgiving a regular part of our lives, we stay focused on what God has done and continues to do for us. Expressing gratitude for God’s help is a form of worship. When we give thanks to God, we honor and praise Him for what He has done – in our lives, in the lives of others, in the church and in the world. Similarly, we honor others when we thank them, respecting them for who they are and what they have done. This “attitude of gratitude” prevents us from expecting others to serve us and allows us to enjoy whatever blessings come our way. An attitude of thankfulness not only brings blessings to our lives, but it blesses others with appreciation and honor.*

*Don’t wait to feel thankful before giving thanks. Giving thanks will lead us to feeling thankful and this is one of the ways to be most pleasing to God.*

#### ***Imagine how “thankful” they were ....***

- *The Shunamite Woman when the Prophet Elisha revived her son. (2 Kings 4:8-37)*
- *Naaman, captain the king of Syria’s army, for his wife’s Hebrew handmaiden who was instrumental in his healing. (2 Kings 5:1-19)*
- *Hannah, the wife of Elkanah, whose womb was opened to bear a son, Samuel, who became a prophet of God. (1 Samuel 1 - 2:11)*
- *Cleopas and his fellow traveler on the Emmaus Road when they encountered the resurrected Jesus. (Luke 24:13-35)*
- *The ten lepers Jesus encountered on His way to Jerusalem. (Luke 17:11-19) The woman caught in adultery. (John 8:1-11)*

*Now is the time to reflect upon your life and respond to the question, “Are you genuinely as ‘thankful’ as you should be?” If yes, continue to be so and if not, intentionally begin to look for opportunities to become more thankful.*

***~ Rev. Lillie Holman, CWU Spiritual Formation Director***