



"In everything give thanks."

IT IS
Uncomplicated

IT IS EASY TO
UNDERSTAND AND
SIMPLE TO OBEY.

"In everything give thanks."

IT IS
Ultimate

IT IS THE CORE OF GOD'S
EXPRESSED WILL.

Gratitude IS THE CHIEF
CHARACTERISTIC THAT
IDENTIFIES ME AS BELONGING
TO GOD. INGRATITUDE IS THE
LEADING INDICATOR THAT MY
REDEMPTION HAS DRIFTED.

THE PRACTICE OF *gratitude*
AMONG A CRITICAL MASS OF
BELIEVERS IS THE MOST RADICAL,
COUNTER-CULTURAL CATALYST
FOR TRANSFORMING THE WORLD.

"Giving thanks should be cultivated as a habit. It is therapy for the spirit. Some medical scientists think gratitude is healing... Thankfulness can also lift the spirit of a nation. When one is grateful, it is hard to feel angry, resentful or bitter."

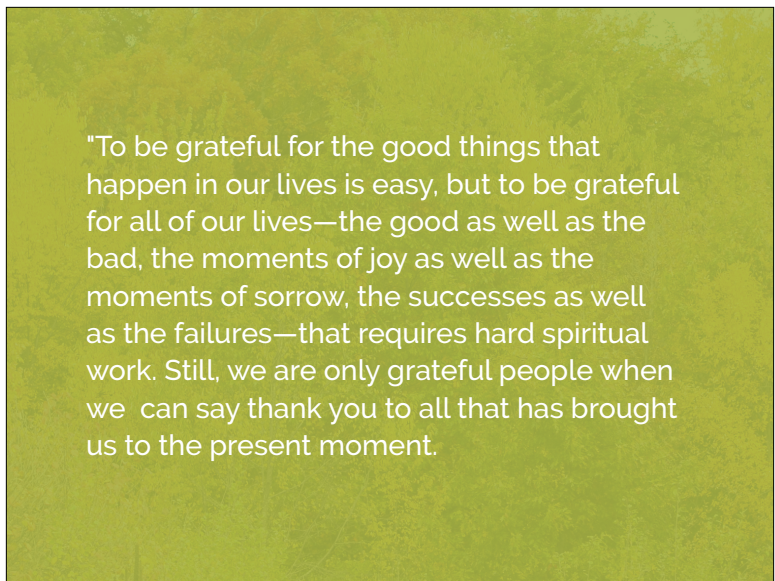
BRUCE CHAPMAN







*Gratitude in all
circumstances is
God's healing
therapy.*



"To be grateful for the good things that happen in our lives is easy, but to be grateful for all of our lives—the good as well as the bad, the moments of joy as well as the moments of sorrow, the successes as well as the failures—that requires hard spiritual work. Still, we are only grateful people when we can say thank you to all that has brought us to the present moment.

As long as we keep dividing our lives between events and people we would like to remember and those we would rather forget, we cannot claim the fullness of our beings as a gift of God to be grateful for. Let's not be afraid to look at everything that has brought us to where we are now and trust that we will soon see in it the guiding hand of a loving God."

Henri Nouwen

GRATITUDE IS POWERFUL, BUT ITS EXPONENTIAL POWER IS RELEASED WHEN I PRACTICE GRATITUDE EVEN WHEN I DON'T FEEL TOO THANKFUL.

"Rejoice always, pray continually, give thanks in all circumstances—it's God's will."

THE GRATITUDE CHALLENGE

1

IDENTIFY THE UNWANTED'S

"I will gladly boast about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, insults, hardships, persecutions, difficulties. For when I'm weak, then I'm strong."

2 CORINTHIANS 12:9-10

THE GRATITUDE CHALLENGE

2

EXPRESS GRATITUDE FOR THE DIFFICULTIES.

"These light and momentary troubles
are achieving for us an eternal glory
that far outweighs the trouble.

2 CORINTHIANS 4:17

"My God, I have never thanked Thee for my
thorns. I have thanked Thee a thousand times
for my roses, but not once for my thorns. I have
been looking forward to a world where I shall
get compensation for my cross: but I have
never thought of my cross as itself a present
glory. Teach me the glory of my cross: teach
me the value of my thorn. Show me that I have
climbed to Thee by the path of pain. Show me
that my tears have made my rainbow."

George Matheson

THE GRATITUDE CHALLENGE

3

PREDETERMINE TO SEE DISAPPOINTMENT AS HIS APPOINTMENT.

"When your life is full of difficulties, be happy. When
your faith is tested your endurance has a chance to
grow. Let it grow, for fully developed endurance
means you're complete, not lacking anything."

JAMES 1:2-4, LB

"God made [Joseph] fruitful in the very things that afflicted him. The land of your affliction...is the place where God will make you fruitful. Consider, even now, the area of greatest affliction in your life. In that area, God will make you fruitful in such a way that your heart will be fully satisfied, and God's heart fully glorified."

Fraucis Fraugipane

