

# Flourish!

Choose well – Think well – Live well

## Choose Gratitude!

*In everything give thanks. 1 Thess. 5:18 NKJV*

Whenever we say thank you to someone else, we both feel happier!

Thank God for different things that are each colour of the rainbow.

- Name thirty things you are thankful for before getting out of bed in the morning, or while you eat dinner together.

Thank God for something beginning with each letter of the alphabet.

Go for a walk and thank God for one thing after another that you can see along the way.

Thank God for the different things that you enjoy with each of your senses – things that you can taste, touch, hear, smell, and see.

Put up a noticeboard or stick a sheet of paper on your fridge. Write what you are thankful for, add cut out pictures, photos, messages, Bible verses and quotes to make a 'gratitude wall'.

List one thing you were especially thankful for during each month of the past year.

- Create and write a special thank you card for God, to thank Him for His love for you.

Describe one unusual thing that you are thankful for. Post a message about it on social media or tell a friend about it.