



## Practices to Form a Life of Gratitude

*As busy, practical, hurried, and distracted people, we develop habits of inattention, and we miss these tiny theophanies in our day. But if we were fully alive and whole, no pleasure would be too ordinary or common to stir up adoration.*

Liturgy of the Ordinary, *Tish Warren*

*Gleeful are the delights a new day bringeth.*

The Wingfeather Saga, *Andrew Peterson*

### Occasions for Gratitude

Blessings physical, relational, emotional, and spiritual  
(Psalm 103:1-5)

### Rhythms of Gratitude

- Giving thanks at daily meals (Luke 24:30, Acts 27:35)
- Recounting God's faithfulness in the morning, at midday, and in the evening (Lamentations 3:22-23, Daniel 6:10)
- Celebrating God's faithfulness at key annual remembrances of redemption and provision (Exodus 23:13-17)

### Patterns of Gratitude

- Fill in the blank:  
"What a day of joy, Lord, because \_\_\_\_."
- Wanting what you have:  
"Wouldn't it be great if \_\_\_\_\_. Can you imagine? But what are the chances of that?!"
- Acrostic gratitude (Psalm 145)  
"Thank you, Lord, for a\_\_\_\_, for b\_\_\_\_, for c\_\_\_\_, etc."
- Berakah prayer:  
"I bless you, O Lord our God, King of the Universe, who has given us \_\_\_\_."
- Dayenu prayer  
"If He had \_\_\_\_ but had not \_\_\_\_, even that would have been enough."

### Expressions of Gratitude

- Respond to it (praise in the moment)
- Record it (daily journal or gratitude jar)
- Commemorate it (standing stones)
- Recount it (sharing our thanks with others)



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