

## Thankfulness is a Lifestyle

### StayStrong November 2022 Notes

This is the season for Thanksgiving – we all know it and talk about it, but how do we make gratitude a part of our normal, daily lives. Join us for easy ways to increase thankfulness.

#### 1 Thessalonians 5:16-18 says

***Rejoice always and delight in your faith;***

***<sup>17</sup> be unceasing and persistent in prayer;***

***<sup>18</sup> in every situation [no matter what the circumstances], be thankful and continually give thanks to God, for this is the will of God for you in Christ Jesus.***

This scripture doesn't leave much room for complaining, fussing, or being critical. The boundaries are

- Always
- Unceasingly
- Every situation

This leaves little room to go in a different direction! So, what allows us or encourages us to skip those directions? What brings us to complain, fuss, and be critical?

1. Entitlement (the core of narcissism) can be accentuated with excess social media contact, especially in children, teens, and adults.
2. Self-absorption by focusing only on yourself is easy and encourages you to see what is missing, not enough, and then it cycles. What we focus on is what we get more of.
3. Impatience when things don't happen when you expect them, as fast as you want them, or with much effort.
4. High expectations of others create many problems.

5. Being disconnected from our community pushes us to more self-absorption. Learning how to connect to others, especially 'safe' people, can bring fresh air and ongoing thankfulness.
6. Worrying about the future and all that is wrong in our upside-down world keeps us from seeing the blessings at the moment.
7. Perfectionism and the feeling that everything you do must be perfect denies the joy of seeing what God is doing.
8. Unforgiveness of self, others, and even God can close our eyes to thankfulness

### How to increase Thankfulness each Day

- **Each day, think of 3 things you are thankful for. Say them out loud.**  
"I am thankful for \_\_\_\_\_."  
Find three different things you are thankful for each day.
- **Start a thankful journal.** Find a journal you like (color, texture, size, etc.). Keep a list of what you see, smell, taste, and feel you are thankful for that day.
- **Practice saying "thank you" to people you live with or see regularly.** It's easy to forget family when it comes to thankfulness. We take them for granted or expect they will do what they do.
- **Thank YOU for how well you showed up today.** It is easy to look at others and miss what you are doing to show up.
- **Savor the good moments.** If you notice feeling happy during the day, stop what you are doing and be in that moment. Notice where you feel that happy sensation in your body. Let this sensation happen again with your thankful journal.
- **Change your perspective.** Remember the three questions – Lord, What do you want me to notice? How do you want me to interpret it? And What is my role?

Sometimes a scripture reminder can also help. These scriptures remind us of the power of thankfulness! It's a lifestyle, not just a one-day holiday!

### **Psalm 100:4-5**

*Enter his gates with thanksgiving*

*and his courts with praise;*

*Give thanks to him and praise his name.*

*For the Lord is good, and his love endures forever;*

*His faithfulness continues through all generations.*

### **Philippians 4:6-7**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

## **For more direction on interrupting these cycles, join us in EASY – our weekly coaching program**

Each week in November we will address

- Feet and Toes
- Fingernails
- Neuro movement

Join us in EASY! All calls are recorded and added to the library of calls that started in August 2020.

<https://www.cheryltownsleytraining.com/easy-2021>