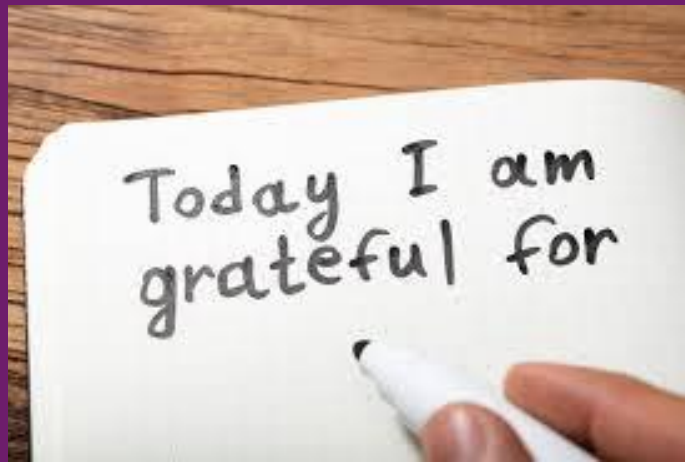
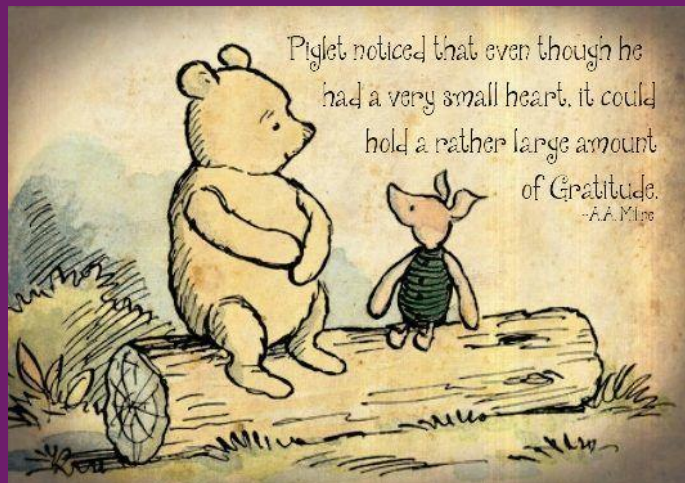


Gratitude
IS THE BEST
attitude



GRATITUDE



When was the last time you said “Thank you”?

What have you got to be thankful for?

Think of one person you could say thank you to.



Sometimes how **grateful** we are depends on how we see things.

When you look at the glass, do you see it as **half full** or **half empty**?

Psychologists use simple tests like this to decide whether a person tends to be an optimist or a pessimist. Optimists will usually say the glass is half-full, whereas pessimists will usually point out that it's half-empty.

These pictures are of St Paul's cathedral in London.

It was designed by famous architect Sir Christopher Wren. Three workers were interviewed and asked what they were doing.

The first worker replied, 'I'm cutting stone for ten shillings a day.'
The second answered, 'I'm putting in ten hours a day on this job.'
However, the third said, 'I'm helping Sir Christopher Wren to construct one of London's greatest cathedrals.'

What was different about the response of the third worker?



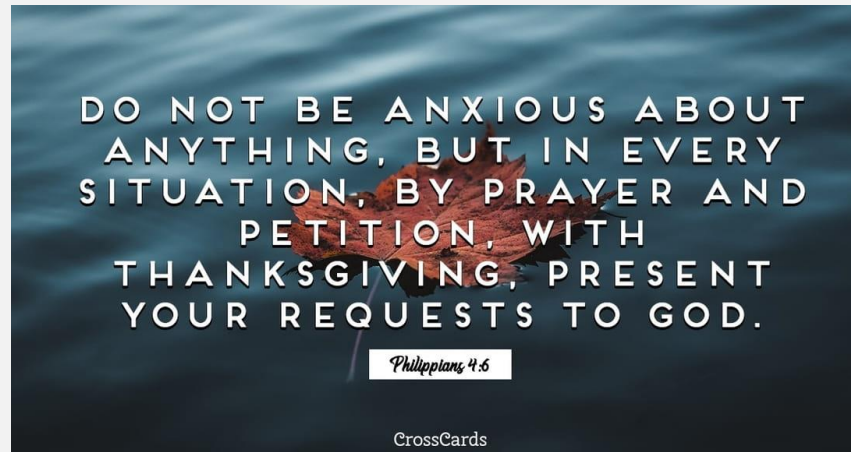
We have looked at this verse before.

It comes from a letter, written by the apostle Paul, to the church in Philippi.

Right now we aren't certain about the future. We don't know what is going to happen in September. We are making plans, but also know that things could change, in spite of our best plans.

Paul tells the Philippians not to be anxious about **anything**. They are to bring all their concerns and needs to God in prayer.

But he tells them that they should have an **attitude** of **gratitude**.



WHAT DOES THE BIBLE SAY ABOUT GRATITUDE?

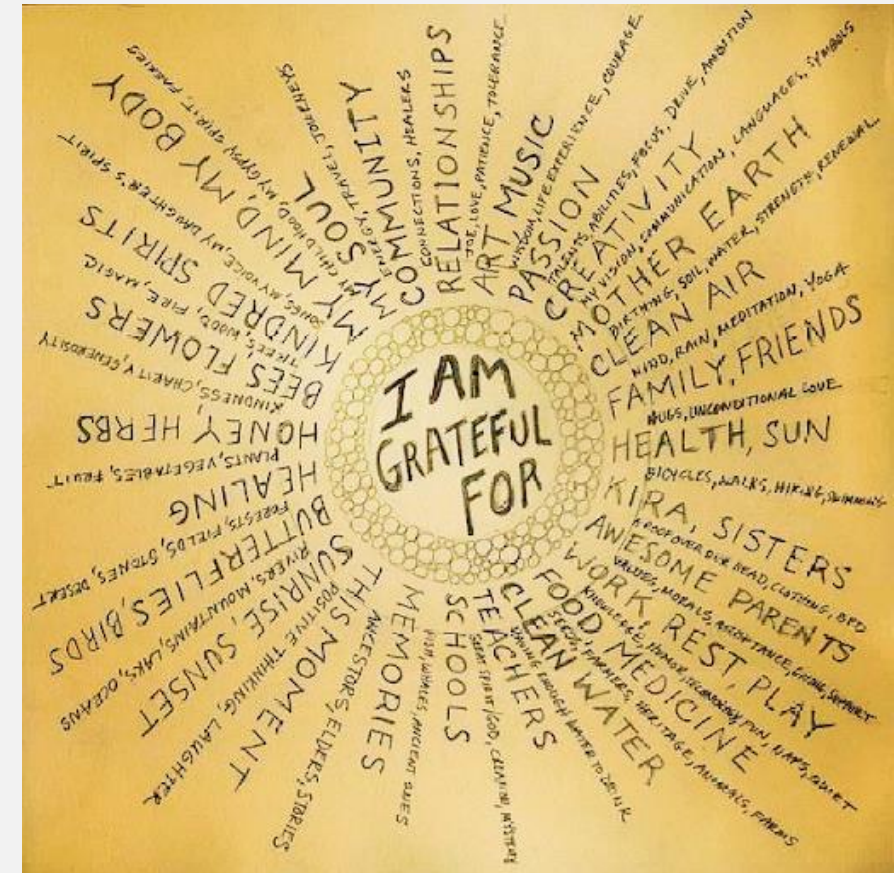
How can people be grateful, even when they are experiencing difficult things?

Why might it help a Christian to keep going in difficult times if they thank God for what he has given them?

AN ATTITUDE OF GRATITUDE

How can we develop an attitude of gratitude?

What might be the benefits of developing this kind of attitude?



Make your own gratitude 'map'. You could create an image like the one above, or write a list, or map your gratitude in any way you want.

If you need a place to start ...

- What about the people who take away our rubbish?
- What about the person who provided your last meal?

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

Father God

Thank you for the experiences you have given us this year. Thank you that even when we don't understand why some things happen or why we might experience difficulties, we still have many things to be grateful for. Thank you for our homes, for our friends, for our teachers, for our communities.

Help us to look for the good in every situation. Help us to bring hope, joy and peace to other people. Help us to be grateful for all we have.

Amen