



### Day 3:

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross.*

**Philippians 2:3-8**

Expressing gratitude begins with an inward change of attitude.

As with so many things, we must begin within. The first step is the development of an inward attitude of humility, which centers on the realization that we're not more important than anyone else. Consequently, we do not innately deserve more than anyone else. In fact, a humble person rejects altogether a mentality of "I deserve this."

Humility leaves no room for thoughts of entitlement or privilege. Adopting a humble mind-set shifts our approach to life from demands and expectations to acceptance and satisfaction. With this transition comes a greater appreciation for life and a more natural inclination toward thankfulness.

Ephesians 5:19–20 explains when and for what to give thanks: *"Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."*

People who begin to give thanks always and for everything start to see the world in a new way. The circumstances, people, and things once considered commonplace are now special. The areas of life that once seemed inadequate now reveal themselves to be full of substance and meaning.

For example, perhaps as you develop this mind-set you stop complaining about other cars in traffic and instead notice a pink sunset in the distance. A painful break-up may provide insight into the ways you can love more intentionally. A stressful work project becomes a reminder that others have faith in you to get the job done. Your home, vehicle, and meals—fancy or simple, new or old—are now all seen and respected as precious gifts.

In every circumstance, humble people ask, “For what can I be thankful?”

**Reflect:** How can you practice true humility today?