



## Day 4:

*“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

**Colossians 3:17**

In this week’s message Tyler said, “We have to let the *emotion* of gratitude lead to an *expression* of gratitude.”

The attitude of humility naturally leads to a spirit of gratitude. People who become aware of kindness and goodness around them often begin to wonder, how can I repay these undeserved gifts?

Psalm 50:14 provides instructions on the repayment of an undeserved kindness: “Sacrifice thanks offerings to God; fulfill your vows to the Most High.” An offering of thanks is an acknowledgment of and repayment for a sacrifice made for you.

Jesus willingly sacrificed his life so we can have a personal relationship with God. In response to his extraordinary gift, we express our thanks to Jesus in direct and indirect ways.

There are many ways to acknowledge and repay sacrifices that other people have made for you. A positive referral, for example, is a powerful way to recognize excellent service from a person or organization. Telling friends about a local business or posting an online recommendation helps establish its good reputation.

Another way to show thanks is to honor the legacy of a person through a commemoration or memorial. A new mother may name her child after a grandmother who deeply impacted her life. Showing honor can also take the form of intentional belief in someone. For example, a boss who is impressed with an employee will trust him with a position of greater authority.

Yet another form of gratitude is consideration for another person through prayer. A citizen who is thankful for his country may pray for the integrity and direction of his leaders. Our thankfulness for our friends and family may compel us to pray for their well-being and happiness.

Perhaps most important of all, grace is a form of thankfulness that offers love and forgiveness to others. A Christian who believes Jesus loves him despite his sins is willing to love others despite theirs. He may greet an irritable coworker, a gruff stranger, or even an ex-spouse with a warm, “undeserved” smile.

**Take Action:**

Pause and take a moment to say a prayer for someone you are grateful for.