



Day 5:

"I thank my God every time I remember you."

Philippians 1:3

Bless the Lord, O my soul; and forget not all His benefits.

Psalms 103:2

I always thank my God when I pray for you,

Philemon 1:4

The final element of thanksgiving is remembrance. Remembering what has been done for you is pivotal in living a life of gratitude.

The details of everyday life can easily clutter our minds and hearts. A kindness can be quickly forgotten amid small disagreements, daily stressors, and selfish desires. Over time, a relationship, workplace, or community may grow cold with feelings of under-appreciation and dissatisfaction.

Gratitude is maintained through purposeful remembrance. Grateful people consistently choose to recall, dwell on, and treasure good memories, even though it may not come naturally. They follow some very sound advice from the Apostle Paul: *"Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things,"* Philippians 4:8.

Focusing on the remembrance of past kindnesses establishes a legacy that can endure years of ups and downs. Spouses can preserve their intimacy with each other; friends can preserve their appreciation for each other. And years later, a boy can become a man who has preserved what his mother did right.

Take Action:

1. Keep a gratitude journal. Write down names of people you are thankful for and things you are thankful to God for. Each day write out a prayer focusing on giving thanks for God and others He has placed in your life.
2. Make a monthly habit of giving a “thank you” card to someone you are thankful for. Schedule it in your calendar and look over your gratitude list expressing your thankfulness for them.