

Teen Topics

Gratitude

The Issue:

Gratitude is an awesome thing. Being appreciative and thankful for things in life should be a natural response for the good things we are able to enjoy. However, despite the fact that we all have things we enjoy, gratitude is not something everyone has. Having gratitude requires us to have a correct perspective on a few things we often overlook or fail to see about life. Let's look to the Bible as we explore this in detail.

What does the Bible say?

What do these verses say about having gratitude:

- > **I Thess. 5:18** – God desires us to be grateful in all circumstances
- > **James 1:17** – All good things we enjoy in life are given by God
- > **Psalm 100:4** – Gratitude is a way to show worship/praise to God

How can we show gratitude even in difficult circumstances?

- > **Romans 8:28** – Know God is able to work things out for good
- > **Phil. 4:6-7** – Give God our concerns, thankful He's in control
- > **James 1:2-4** – Be grateful knowing that trials build up character

What should I do?

It is easy to overlook the fact that we are on the receiving end of so many blessings. If you struggle with gratitude, take time to recognize that the details of your life are part of a good plan God is orchestrating. It's important to do the following:

- Identify specific ways God has shown His goodness to you, even in the little things.
- Express your gratitude as often as possible to help you be mindful of God's goodness to you.

A grateful attitude and expressions of gratitude go hand in hand. By focusing on both, we can fulfill our calling of "giving thanks always and for everything" (**Eph. 5:20**).