

Date: \_\_\_\_\_

## Self-Reflection Activity: Gratitude to God

*Gratitude* is an emotional state that we feel in response to positive experiences, gifts, and the kindness of others. Specifically, *gratitude to God* recognizes God as the benefactor. People who have a *grateful disposition toward God* can easily (1) recognize the roles of God's kindness in their positive experiences and (2) respond with grateful emotion.

Think about your experiences **in the past 7 days**. Was it easy for you to recognize God's kindness and respond with gratitude last week? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *gratitude to God*.

### Rating

- \_\_\_\_\_ 1. Last week, simple pleasures like a beautiful view or a delicious meal often reminded me of how good God has been to me.
- \_\_\_\_\_ 2. When I thought of how good others had been to me last week, it made me feel very thankful to God.
- \_\_\_\_\_ 3. Despite any bad things that happened last week, I have much to thank God for.
- \_\_\_\_\_ 4. When I saw the beauty in nature around me last week, I felt very thankful toward God.
- \_\_\_\_\_ 5. Last week, when I thought of what others have done for me in my life it made me appreciate God even more.
- \_\_\_\_\_ 6. I felt very grateful to God when I thought of my family last week.

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### Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit gratitude toward God? Explain your reasoning.

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How do you typically show God your gratitude in day-to-day life?

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Consider a past or current role model/mentor. What is admirable about the way they express gratitude to God?

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What are one or two small steps you might take to more easily recognize and appreciate the ways that God blesses you?

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### The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week when you *did not* show gratitude toward God. What were some outcomes? Would you do anything differently next time?
2. Each day for the next week, write down three ways that God has blessed you. Try to name a new three things each day!
3. Set aside ten minutes before you go to sleep at night to pray a prayer of thanksgiving. We challenge you to spend the whole time expressing nothing but gratitude.