

PRAYERS

Some suggestions . . .

- Dear Lord, thank You for who You are and what You do.
- Dear Lord, please help me to better express my appreciation and gratitude to You.
- Take notes.
- Dear Lord, help me to be more grateful to others for who they are and for what they do.

THOUGHTS & ATTITUDES

Affirm thoughts like these . . .

- I appreciate the people around me!
- I'm so thankful!
- I appreciate what others do for me.
- _____ is a blessing in my life.
- The Lord values me!

Other suggestions . . .

- Read the Psalms.
- Remember what the Lord has done for you.
- Remember what other people have done for you.
- Remember who you are in Christ.

WORDS

Suggested things to say or write to others . . .

- "Thanks for helping me!"
- "I appreciate you so much!"
- "_____, thanks!"
- "Thanks for being here!"
- "I'd like to tell you what _____ did for me."

ACTIONS

Suggestions . . .

- Send a thank-you note or e-mail.
- Recognize the character qualities of others.
- Recognize achievements of others.
- Watch for people doing praiseworthy things.
- Give awards.

DISCUSSION

For personal reflection or group consideration . . .

1. What do the Scriptures say about appreciation?
2. Think of a time you received appreciation. How was it expressed? How did it make you feel?
3. Do you let others know how much you appreciate them, and the things they do for you? How?
4. What could you do to show more appreciation?
5. What will you commit to doing?