APPRECIATION

GRATEFUL RECOGNITION OF VALUE

Appreciation is grateful recognition of value, quality or significance of a gift, deed or person. Appreciation comes from the Latin *appretaire*, meaning "to appraise." Appreciation is important because people need acknowledgment that they – and the things they do – are valued by others. Appreciation also affirms worthy performance and encourages more of it.

OTHER WORDS FOR THIS SEED:

- gratitude
- thankfulness
- value
- recognition

Appreciation helps fill the human need:

To be valued

Look up the verses below and note what they say about this seed:

Psalm 100:4

Matthew 14:19

I Corinthians 15:57

Ephesians 5:20

I Thessalonians 5:16-18

1. Who should we appreciate? Why?
2. Why is gratitude so important in my relationship with God?
3. A good example of gratitude is …
4. How is appreciation related to love?
5. How does appreciation build the Body of Christ?
6. How well do I express gratitude to others? Explain.
7. What will I do to better express appreciation?

WAYS TO LOVE

PRINCIPLES

12Seeds

RESPECT
ENCOURAGEMENT
LISTENING
APPRECIATION
TRUST
INTEGRITY
ORDER
NURTURE
SYNERGY
HOPE
IDEALS
PARDON

FOR GROWTH

Give thanks in all circumstances . . .
- 1 Thessalonians 5:18a

Write below what the verse above means to you.

*Dear Lord, thank You for who You are and what You do. Help me to have greater **appreciation** for You and for others in my life.*

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