

THANKFULNESS: we should always be thankful for the things we have and are given and this is more than simply saying 'thank you'. A true appreciation of the time and effort taken by someone to help us or make our life that little bit better is to understand the sacrifice they may have made or the trust they are putting in us. Things entrusted to us we should treat with care and respect as a sign of our appreciation. Seeing the world as God's creation, given to us to look after and pass on to next generations, is the way we should approach everything in life, seeing it as a gift and not as a right.

Psalm 28:7

The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.

Mark 14:22-23

While they were eating, Jesus took bread, gave thanks to God for their blessings and offered it to his disciples saying, 'Take it, this is my body.' Then he took the cup, gave thanks and offered it to them, and they all drank from it.

1 Thessalonians 5 16-18

Be joyful always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus.