



21 Day Challenge Day 9

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God.”

Philippians 4:6

Who in his or her right mind wants to do anything good for a person who has a thankless attitude. You know that person, the one who no one can ever please. That person who invariably finds something wrong with everything. That person who is so sour that nothing uplifting ever comes out of their mouths...know anybody like that? I hope that I have not described anyone you know and love.

How do I become a better me? By Developing An Attitude of Gratitude!

Colossians 3:15-17 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

God loves a cheerful giver and I bet that He is crazy about the heart that is thankful. A heart that is overflowing with gratitude...that's what an attitude of gratitude is. Anyone can be momentarily thankful for a gift or a nice gesture. But when your heart is full of gratefulness, it shows in everything that you do. The smile in your heart extends to your face and it is felt by everyone that you come in contact with. It is not something that is easily hidden and it infects everyone that it meets. An attitude of gratitude says, "Lord, I

thank you, even if it didn't go the way I planned."

1 Thessalonians 5:16-18 "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

God is telling us to rejoice, be exuberant, give thanks and pray. Pick up your countenance and believe that He wants the best for you. When you can wrap your mind around the fact that God loves us and wants only the very best for us, it should be easier to rejoice always, pray without ceasing, and giving thanks in all circumstances.

Being grateful is something that will become easier as we grow closer to Jesus, but in the meantime, you may have to fake it until you make it. Practice makes perfect and what God wants to see is a grateful heart in all things. Give Him your best praise as we can expect His best, always. Be grateful, especially when you don't feel like it! You have to choose to be happy!