

Are you a grateful person?

Use the following checklist to evaluate how your pattern of giving thanks:

My attitude toward God

- I am unaware of God's commands regarding thanking Him. (Lev. 5:17)
- I have lost sight of the *truth* that I deserve to go to hell for all eternity.
- I believe I *deserve* to have things go my way.
- I don't think about God choosing me for His eternal kingdom and that I was merely a responder to God's initiatives in calling me out of darkness.
- I am not focused on God's goodness and loving-kindness, which He demonstrated by saving my soul from eternal damnation through the great sacrifice of the Father and the Son on my behalf.
- I am lazy and apathetic about my relationship to God.
- I take for granted and have grown accustomed to the daily provisions, protection and mercies of God. (Lam. 3:22,23)

My attitude toward my circumstances

- I *expect* that most things should go my way; therefore, I don't think of giving thanks.
- I am focused on what I *want* instead of what I *have*.
- I have developed a discontented, negative, complaining attitude toward my life's circumstances; I nurture a root of bitterness.
- I am self-focused, self-absorbed, self-pitying.
- I believe that I am responsible for the good that I have accomplished or acquired, rather than God.
- I ask God for things; and when I receive them, I forget that I asked Him.
- I thank God for only the "big things" and neglect to thank Him for what I view as daily or repeated "smaller" blessings.
- I thank God only during my formal prayer time or before a meal, but I do not have a pattern of thanking Him during the course of the day.
- I thank Him once and don't consider repeatedly thanking Him for the same things.
- As soon as God grants one request, I focus on the next thing I want.
- I don't go on a *daily* "God Hunt," looking for ways in which God is working on my behalf.
- I don't cultivate and nurture the habit of giving thanks.

After you have finished checking your reasons for not establishing a pattern of giving thanks to the Lord, confess them. You may want to include a witness for your confession.