

## Stirring Up Thanksgiving

### Peanuts Theology

#### 1. Ensure Thanksgiving Focuses upon the OBJECT

The holiday, or any day, is not so much to express thanksgiving for SOMETHING as it is to express thanks to SOMEONE.

Psalm 136:1-3

Psalm 118:1

Colossians 3:17

If I forget the object, my thanksgiving becomes very circumstantial.

#### 2. Remember: sometimes it's an act of the will

Psalm 118:28

Truth about God leads to a committed response to God.

#### 3. Thanksgiving needs habits & rhythms, lest we forget

Make a habit to stir your gratitude:

- ⇒ Use a daily journal or log
- ⇒ Commit to begin your day with words of thanks to God
- ⇒ Build a regular time into your quiet time or small group
- ⇒ Make it part of your dinner dialogue: "What are you grateful for today?"
- ⇒ Ensure you tell others why you are grateful to God for them!

**Take it Home**