



## An Attitude of Gratitude

Most of us know we are supposed to be grateful for what we have and so we act thankful, but we often have *gratitude with an attitude* instead of an *attitude of gratitude*. There are major differences in these two types of gratitude.

### *Gratitude with an Attitude:*

- ❖ Focuses on circumstances.
- ❖ Doesn't look for good, in fact mainly looks at the negative and is pessimistic.
- ❖ Complains and basks in self-pity when one doesn't get what one wants.
- ❖ Has limited vision.
- ❖ Gives thanks only when things go well.
- ❖ Is not heartfelt or sincere.
- ❖ Doesn't have genuine appreciation.
- ❖ Doesn't trust in God's purpose and provision.
- ❖ Doesn't surrender to God; instead, resists surrendering and accepting.

### *An Attitude of Gratitude:*

- ❖ Focuses on God.
- ❖ Looks for good in everything and is optimistic.
- ❖ Appreciates even a little, isn't full of self-pity when one doesn't get what one wants.
- ❖ Has far-reaching vision.
- ❖ Always gives thanks.
- ❖ Is heartfelt and sincere.
- ❖ Has genuine appreciation.

- ❖ Trusts in God’s purpose and provision.
- ❖ Surrenders and accepts even though one doesn’t like the circumstances.

At attitude of gratitude will change your life.

By Karla Downing

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## Relationship Prayer

God,

Help me to have an *attitude of gratitude* instead of *gratitude with an attitude*.

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## Relationship Challenge

- ❖ Analyze your gratitude. Which one is it: An *attitude of gratitude* or *gratitude with an attitude*?
- ❖ Purpose to live in an attitude of gratitude. Make a gratitude list of five things you are grateful for each day. Make sure you include things you do not like.

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## Scripture Meditation

### Genesis 50:20-21

*“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don’t be afraid. I will provide for you and your children.”*

### Philippians 4:6-7

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.”*

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If you have any questions you would like to ask Karla, please feel free to email her at [karla@changemyrelationship.com](mailto:karla@changemyrelationship.com).

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