

## **"Thankfulness: Having an Attitude of Gratitude"**

**By Sam Bates**

*"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (1Th 5:18)*

There is so much to do during the workday and oftentimes we feel pressure to do more and to do it faster. As a result, we function at warp speed often focusing only on the tasks at hand. Even though we depend on others to complete those tasks and take care of many details, frequently we are so busy that we hardly ever stop to express our gratitude.

Stop and think for a minute how much you appreciate being told "thank you" for something you have done, especially when you weren't really expecting it. It feels good doesn't it? There are so many things that happen at work during the course of the day for which we could express our thanks. No need to go overboard, but most of us could probably do a whole lot better with just saying a simple, but genuine "thank you" more often to those we work with.

Many psychologists tell us that the healthiest attitude is one of gratitude. Even in the difficult times when things are not going the way we want, there is always something to be thankful for.

So, try to be more intentional in thanking those in your workplace. Expressing your thanks to those around you is really a two-way blessing. You benefit just as much as those you are thanking...

### **A Work Prayer**

Lord, open our eyes to all that is going on around us and help us to understand why it's so important to express our gratitude to the many people that are constantly making our lives work. As Christians, we should show our gratitude most, but so often we allow the pressures of work and time keep us from taking a moment to encourage those around us. Help us encourage others by letting them know how thankful we are for what they do. Amen.

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