

Preparing a Gratitude History

You could do this for a gratitude party, for a holiday, as a tradition at Thanksgiving. Also, each person at the party or holiday gathering could do one on his/her own and histories could be shared with the group.

Add, edit, revise your list each year and keep as a part of your personal and/or family history.

- You will need a sharpie, marker/s, pens, several sheets of paper, post-it notes, a large post-it note/chart paper and/or a piece of posterboard
- Do this on your own personally and/or do this as an immediate family or extended family.
- Read aloud some Biblical examples from praise and thanks histories like Exodus 15, Judges 5, Psalm 105, 106, 107, 136 or Ephesians 1:3-14. Or use any of the Scripture prompts from the weekly practice on Gratitude.
- Jot down some of the statements or refrains that you would like to include in your gratitude history. (i.e. Psalm 106:1)
- Without evaluating responses, write down an initial list of all the significant events and blessings you can think of. Think of good times. Think of hard times God saw you through. Think of spiritual markers and highlights in your life.
- Arrange your list in chronological order. Omit items you decide not to include.
- Add some of the Biblical verse, phrases or refrains that you listed earlier.
- Copy your final list and Biblical input to your posterboard/s.
- When you have finished, take turns reading the items on the list and any added Scripture/verses, one at a time. After every few items speak aloud, "I/we thank you, God."
- End your time in prayer.

(adapted from Preparing a Praise History, Disciple's Prayer Life, Hunt and Walker, 1995, pg.80)