

## Worksheet: The Power of Thankfulness

So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. —Colossians 2:6–7

How can thankfulness—to God and to people—strengthen my faith?

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*Read Colossians 3:15.* How can thankfulness increase my peace of mind?

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*Read Ephesians 1:15–16 and Philippians 1:3–6.* Who are some people I need to thank God for?

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Who are some people I need to thank personally? How and when can I express my gratitude (face-to-face, on the phone, by email, in a thank-you note, or by a text message)?

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*Read Ephesians 5:18–20.* When has singing helped me to be more thankful in the past? How can I bring singing and worship into my life in an even greater way?

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*Read Psalm 145:1–2.* What can I focus on being thankful for today?

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*To download this worksheet, visit [WarriorfortheLord.com/downloads](http://WarriorfortheLord.com/downloads).*