PRAISE

Thanksgiving

November Gratitude

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November Gratitude

https://www.youtube.com/watch?v=gtMqYAgr6Og

> *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*
>
> COLOSSIANS 3:16

I couldn't figure out why I kept going back to a song called Gratitude. Something about it fascinated me. Then I discovered why.

Throughout our ancestral past, groups of humans singing together in close harmony may have signaled the tribe was united, at peace, and free from immediate danger.

Perhaps it's why, even today, when we hear beautiful harmonies like those in Gratitude, something within us relaxes. Our ancient brains may recognize the sound as a reminder of community, belonging, and security.

Isn't it interesting God gave us music to do something words alone sometimes cannot?

Colossians 3:16 encourages us: “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

However, thankfulness isn't expressed only through music. We can express it through our words, our actions, our attention, and the simple ways we let others know they matter.

So, during this month of gratitude, here are seven simple ways to let a thankful heart become a thankful life:

1. Personal reflection Write a handwritten card, text, or email letting someone know how much you appreciate them.
2. Speak kindness Throughout the month, intentionally use words of gratitude: “I appreciate you!” “Thank you for being there.” “You made a difference.”
3. Listen Give someone your full attention. Make eye contact. Put away distractions. Sometimes the greatest gift we can give another person is simply to let them know they are worth listening to.
4. Pay it forward Buy someone's coffee. Hold open a door. Offer a helping hand. Do something kind without expecting anything in return.
5. Support a cause Give your money, time, or talents to something that matters to you. Gratitude grows when we recognize how much we have to give.
6. Share Look around for someone who might be alone. Invite them to share a meal, or take them out for one. Sometimes gratitude is best expressed by making room at our table.
7. Ask for ideas Ask your children or grandchildren, “I want to be a more thankful person. Who do you think I should thank for something?” Ask them to be specific. Then follow through.

What if this November became more than a month of feeling grateful? What if it became a month of expressing gratitude—one word, one action, one person at a time?

As I listen once again to Gratitude by the New Heights Worship team, I'm reminded gratitude is ultimately an invitation to turn our hearts toward God.

The song calls us to let our souls awaken: “Come on my soul, don't you get shy on me. With my arms stretched wide, get up and praise the Lord.”

Perhaps this is the heart of gratitude: not simply noticing what we have, but lifting our eyes to the One who gave it.

So this November, let your gratitude be heard.

Sing it. Speak it. Live it. Share it.

And when your soul needs reminding, don't get shy. Lift your arms, open your heart, and give God the praise He deserves.

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