

Thankful Attitudes and Actions Bring Blessings

Numerous times God tells people to give thanks especially to God. However, there are also examples of God's people thanking one another for the blessings God has given through them. When God and others bless us, **it is godly that we have an attitude of gratitude** that shows itself in action as we thank them.

But do we **realize the blessings God gives us through a thankful attitude and actions**? In recent years psychological research indicates that blessings come to those who nurture a thankful attitude that translates into giving thanks. **Such attitudes and actions often result in the following:**

- ❖ Greater happiness
- ❖ Improved emotional well-being
- ❖ Better physical health
- ❖ Increased sleep quantity and quality
- ❖ Significant social well-being and improved relationships
- ❖ Increased productivity
- ❖ Improved patience, will-power, and self-control
- ❖ Better homes
- ❖ Better schools
- ❖ Better workplaces

No wonder that in addition to referring to God as Father, Creator, Protector, and more, some have called God the Great Psychologist! God not only sees the good in giving thanks to Him and to others, but **he also sees the blessings that come to those with a thankful attitude and actions**. So be a blessing not only to God and to others, but also to yourself as you continually **nurture a thankful attitude** that continually shows itself in various versions of "Thank you!"