

Character Trait for November 15-21 is Gratefulness

Ephesians 5:1, "Therefore, be imitators of God"

CHARACTER: qualities built into our lives that determine our responses, regardless of circumstances.

Gratefulness: Letting others know by my words and actions how they have benefited my life.

Weekly Verse: Psalm 9:1 "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds."

Bible Story: Numbers 11:4-35 tells the story of the Israelites complaining in the wilderness, and of God's response to them by providing quail to eat. This story is an example of what happens when we are not grateful for what we have.

Quote: "Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."

Leadership: From the article linked to below, here are some tips about showing gratefulness as a leader. According to a [John Templeton study](#) of 2,000 Americans, we are *least likely* to feel or express gratitude at work. And when we're listing what we're grateful for, our jobs come in dead last. It doesn't have to be like that.

When Doug Conant was CEO of Campbell Soup he wrote approximately 30,000 thank you notes to his employees and energized the company in the process. Leaders can energize and engage their teams by letting them know you are grateful for them and their work.

Organizations spend billions of dollars collectively on recognition programs. But the best and cheapest recognition program of all consists of a sincere "thank you." And of course, don't forget to say thank you to your clients and customers too.

Application: I recently read an interesting article about gratitude. Here is the link:

https://michaelhyatt.com/gratitude-and-happiness/?utm_campaign=coschedule&utm_source=twitter&utm_medium=MichaelHyatt.

The article begins with: "Thank you." These are two words that have the power to transform our health, happiness, performance, and success. Research tells us grateful people are happier and more likely to maintain good friendships. It reduces stress, improves our sleep, and floods our bodies with endorphins that energize us, instead of hormones that leave us feeling drained and depleted. While not written from a Christian perspective, the full article presents six steps to live a life of gratefulness.

Discussion Questions:

1. We are entering into a season that can become filled with consumerism, with constant ads telling you why you need more in your life. How can we combat this with gratefulness?