

APPRECIATION FOR FAMILY

Appreciation and thankfulness is a powerful way to grow in love and joy for our families. We see thankfulness and appreciation for specific relationships expressed all throughout scripture.

Colossians 3:14-17 And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 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 heart to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.

Philippians 1:3-4 I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy

1 Thessalonians 3:9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of you?

Personal Reflection: Write down 5-10 things you really appreciate about your family: immediate family (spouse/kids), extended family or both.

Personal Reflection: Focus on one of the above. Write out the details for a specific memory of a time when you experienced that appreciation.

Focus on the memory. Write down how you felt in the memory and how you feel now while remembering it. Include bodily sensations (i.e. warm, energized, relaxed, peaceful, etc.) and emotions (i.e. joy, happy, free, together, calm, etc.)

Write down why this memory is meaningful to you.

Thanksgiving: Write out a prayer of thanksgiving for this memory.

Listening Prayer: Ask the Holy Spirit for one practical way to express appreciation to one of your family today. Write down a plan and date to carry out this act of appreciation!

1 John 4:19 We love because he first loved us.

Ephesians 2:10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.