

Friday 19th June 2020

Good morning!

"Give thanks to the Lord, for he is good; his love endures forever." (Ps 107:1)

The encouragement today is simply to give thanks to God.

Here are three ways to do that - out of an infinite variety!

1) Look back over the **past week** and find three things to thank God for.

Look around you **right now** and thank God for another three things.

Look forward to the **next few days** and thank God for another three things.

2) An **'A to Z'** of thanksgiving. You could write these down if you're inside, or run through them in your head if you're on your daily exercise outside:

Simply find something to thank God for, beginning with each letter of the alphabet in turn. The more personal to you, the better.

(Got kids at home? Get them to write it down throughout the morning - compare notes over lunch!)

3) Thanking God by **thanking people**

God often shows his 'enduring love' to us through the gift of other people.

Ask the Lord to show you a couple of people you could thank, for who they are to you, what they mean to you, what they've done for you....etc

Send them a text. Or a letter (remember them?!). Or a picture drawn by a child. Or an Amazon voucher.

Tell God - and them - what you're thankful for.