

## TO CONTINUE THE CONVERSATION

# SAY THANK YOU

1. The questions we ask ourselves:  
Can I say or do this particular thing  
and also **“SAY THANK YOU”** to the Lord?  
Will saying or doing this show my gratitude to God?  
Is my life, my love, **“SAYING THANK YOU”** to Jesus?
2. Keep a gratitude journal. Write down two or three things every day you are thankful for. Make it small and specific. The first dragonfly. The exquisite pink in the sky at dawn. The person being walked by their dog that passed your window. The really good fish and chips you had on Friday. Keep noticing things to be thankful for. Notice the difference it makes in you. and through you.
3. Write and mail a thank you to someone this week.
4. One day this week pray just saying thanks to God.  
No requests, no please do this, give this.  
Just **“SAY THANK YOU”**.

