



Welcome to our resource page for the Life-Giving Habit of:



Here is Mal's list of ideas for how we can put this habit into practice in our personal lives, in our households, our small groups and as a whole church.



Host a Thanksgiving Meal

US thanksgiving is a great season, but you could use a different time or consider it monthly / termly.

Thanksgiving is normally identifying & acknowledging where the 'life is' in something. If *"in Jesus is life & that life is the light of humanity"* (John 1:4); then the spiritual dynamic we are doing is acknowledging where Jesus is at work in our lives when we express out our thanks.

All family / household (all ages) get to invite 1-3 other people. Here's an example from the Calladine family:

We go for a FULL meal with all the trimmings & even try making some crazy turkey-tastic dips. We do the full 'American' thing without watching 9 hours of American Football after food! Our food is a version of the American roast meal - the turkey gets chickenified in honour of the primacy of Christmas! We DON'T do the marshmallow sweet potato - woah no! but DO finish with pumpkin and pecan pie! Get people to bring posh, celebratory / thankful drinks...

At the table we go around & ask everyone where they are thankful in 3 particular areas of thanks - listed below. Each person goes in turn then chooses the next - in our case they wear a turkey on their head when giving thanks .

The questions maybe worth giving a bit of thought to beforehand - it can be very profound, but it is good to give everyone a heads up to think on it more!

- Something taken for granted? (something normal or natural - practical or concept ie coffee machine, or health! Toilets or education).
- A special or surprise! provision received.

- Someone taken for granted – beyond your immediate family (make a commitment that you each have to contact & thank that person the next day by email, text, card etc!)

Run a Family Appreciation Week

Focus on one person per day in the household over a meal or tea time, & go around the room telling them what you appreciate about them; what you are thankful for about them. This might lead to including what you hope for them, coming out of that thanks...



These can either be done on your own or with an accountability partner / mentor

Worship

Use Thanksgiving as an 'entry point' - going through the gate of Thanksgiving Psalm 100:4-5 - stating where have you seen God's goodness, & 'He has made you glad'? (Psalm 69:32, Psalm 16: 9).

Use Alphabet Attributes - as per many Psalms including Psalm 119 where the structure follows the Hebrew Alphabet, speak out an area of thanks - a one word statement beginning A, then move on to each subsequent letter of the alphabet from A-Z. You can skip X and Z unless you like a challenge (listen to the podcast for further explanation). This can be done in different forms: using A-Z verbs of what God does; describing words of characteristics of who he is.

Share your story

With one other person, share three things you are thankful for - where do you see 'life' / God's hand of favour at the moment?

Memory Verse

Learn a memory verse for the week - make it competitive & test yourself with your accountability person :) .

Suggestions:

- Colossians 3: 15-17 ;
- Psalm 50:23
- Isaiah 9:6 (as per Advent Service card)



Worship

Give everyone a piece of paper & pen. Write your name at the top. Write the first line of thanksgiving and then fold the page so the line of text can't be seen, but your name can; then pass the pieces of paper to the next person to your right; where they will write the next line. Repeat writing a line on each piece of paper, folding (so it

can't be seen by next person) & passing on until you get your own piece of paper back - then each member of the group have your own psalm, to read over & pray through...

Use Alphabet Attributes - as per use in Personal Ideas, making space for silence & encouraging people to speak out a word of thanks to God when one comes to mind with the following letter in a list you create of an A-Z of thanks, waiting in quiet until someone is reminded of a word beginning with the next letter.

Bible Study

Consider together Colossians 3: 15-17. Discuss where this "attitude of gratitude" can be applied to your lives.

When there is nothing else that looks hopeful... give thanks for the cross. Take time as a group to focus on and give thanks for the cross and discuss what it means to live in its shadow; how the dynamic of the cross has the potential to change our worldview of the situations & difficulties we are carrying. *"Consider him who endured such opposition from sinners, so you will not grow weary & lose heart" Hebrews 12:3*



We will be making space during the services to give thanks and hear testimonies of what He has done. You may want to prepare for the service beforehand by thinking about where you may like to share thanksgiving for what he has done that gives faith for the breakthrough to others: your current experience of healing, provision, breakthrough, or encouragement.

Thank someone who serves in a team that makes Sunday happen & show or tell them why you appreciate them.