

READ

Psalm 9:1
2 Corinthians 4:15
2 Corinthians 9:12
Colossians 3:17

CONSIDER

"Why don't we express gratitude more often? In a study exploring universals and cultural diversity in the expression of gratitude¹, it was found that, on average, only about 1 in 20 instances of doing a favour for someone resulted in a vocal expression of gratitude. This pattern varies based on language, culture, and other factors. However, it's clear that far too often, we take the help of others for granted or convey appreciation in non-verbal ways, such as through our body language, a friendly smile, or a pat on the back.

There are various reasons why some of us may not say 'thank you' as often as we should. It could be due to shyness, cultural barriers or even a lack of discipline. Yet, a study titled 'A Little Thanks Goes a Long Way: Explaining Why Gratitude Expressions Motivate Prosocial Behavior'² demonstrates that even a small act of gratitude can boost productivity, and motivation, and make us feel more socially valued. According to Gallup's study on the connection between employee productivity and engagement³, 'recognition not only enhances individual employee engagement but also increases productivity and loyalty to the company, resulting in higher retention rates.'

Given these compelling studies, does this information convince you to cultivate a habit of saying 'thank you'? If not, I would invite you to join me for this Sunday's Thanksgiving worship service, where we can explore the concept of gratitude from a biblical perspective in greater depth.

Pastor Amy Yu

PRAY

As we reflect on Your goodness, may our hearts overflow with praise and thanksgiving. Empower us to live lives of gratitude, not only in our words but also in our actions. May we be instruments of Your love and grace, showing kindness and thankfulness to those we encounter on our journey. We thank You for the gift of salvation through Jesus Christ, the ultimate expression of Your love. Thank You for the hope and forgiveness found in Him.

¹ <https://royalsocietypublishing.org/doi/10.1098/rsos.180391>

² <https://pubmed.ncbi.nlm.nih.gov/20515249/>

³ <https://news.gallup.com/businessjournal/12157/power-praise-recognition.aspx>

DIVING DEEPER

Why is it important to express gratitude to God?

To whom do you owe gratitude towards God?

How do you plan to convey your appreciation to those you are thankful for this week?