## 30 November 2008 How to lave a hankful leart

"When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?" Jesus answered, "I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval." ... Jesus said to them, "I tell you the truth, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world." "Sir," they said, "from now on give us this bread." Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. But as I told you, you have seen me and still you do not believe." (John 6:25-36)

## Recognize the blessings you have – focus on what you have rather than on what you don't have:

1.	BE THANKFUL FOR(1 Thessalonians 5:18)
2.	BE THANKFUL FOR(Isaiah 48:10)
3.	BE THANKFUL FOR(2 Corinthians 12:7-10)
4.	BE THANKFUL FOR(Philippians 4:13, 12)
5.	BE THANKFUL FOR