

FACING YOUR BLITZ by Jeff Kemp – Video Devotion Guide

Thank You List to Dad

VIDEO (<http://facingtheblitz.com/honor-dad-jeff-kemp>)

“Gratitude is getting a great deal of attention as a facet of [positive psychology](#): Studies show that we can deliberately cultivate gratitude, and can increase our well-being and [happiness](#) by doing so. In addition, gratefulness—and especially expression of it to others—is associated with increased energy, [optimism](#), and [empathy](#).”
(Psychologytoday.com)

Game Plan:

“Honor your father and mother. Then you will live a long, full life in the land the LORD your God is giving you.” Exodus 20:12, NLT

Time Out:

If you knew you’d only see your mom or dad, grandparent or mentor one last time, what would you want to thank them for?

Gratitude is a central life principle throughout the Bible and in current psychology research.

Expressing gratitude is beneficial both for you and the person you thank.

Go Deep:

Yep, your dad or mom is imperfect. They’ve fallen short or let you down. I get it. But, remember the back-story in their life and don’t dwell on their faults. Dwell on their positives. To honor and thank them is God’s calling...His good guidance, and He is never wrong.

Father’s Day is approaching. Start your list. Write down everything you can thank your father for. Dig deep. Little things count. Plan to sit down or call him to share your gratitude, item-by-item. It’s powerful.

You’ll want to make a list for other people, too. Be sure to share it.

For inspiration, go to HonorYourFather.com for stories about fatherhood, healing, and growth. You may even want to post your own video honoring your father.

Other ways to stay connected to Jeff Kemp and Facing the Blitz Resources:

To get this video and devotional guide delivered to your inbox each Monday, [SUBSCRIBE TODAY](#).

To get your copy of [Facing the Blitz CLICK HERE](#)

And, [Like us on FACEBOOK](#) and follow [Jeff on Twitter](#)