

Jabari & Sally McDimar

The Power of Appreciation

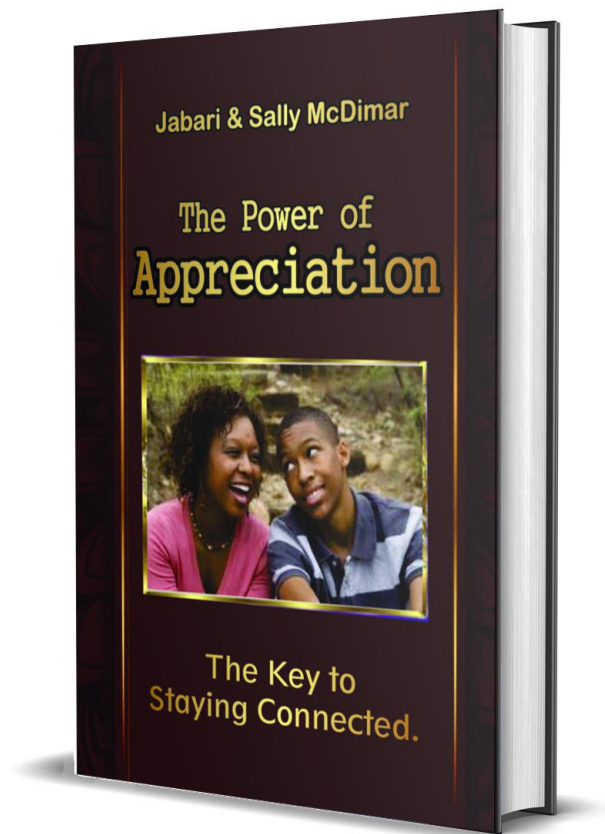


**The Key to
Staying Connected.**

THE POWER OF APPRECIATION

APPRECIATION

The Key to Staying Connected



Copyright © 2021, Jabari & Sally McDimar

This publication is copyright protected. No part of this publication may be reproduced, stored in a retrieval system, transmitted, or reproduced in any way, including photocopy, photograph, magnetic, or record, without the prior agreement and written permission of the publisher.

Scripture quotations are taken from New King James Version and NET online Bible, except otherwise indicated.

Cover Design by Jabari McDimar

Layout Design at Lucrative Idea Resources. Shanzu, Mombasa.

Email: mcdimar3@gmail.com Tel: +254 759950090

For more info, preaching engagement, book publications, etc.

WhatsApp or Call Us @ +254-759950090 / +254-724327927

Email:

mcdimar3@gmail.com / kalengasalome@gmail.com

Table of Contents

INTRODUCTION	5
WHAT IS APPRECIATION?.....	7
THE CRAVING FOR APPRECIATION	10
LET’S START WITH PURPOSE	13
NEXT IS PERCEPTION!.....	14
HOW TO EXPRESS APPRECIATION	16
FEW WAYS TO SHOW APPRECIATION	18
COMMON WORDS OF APPRECIATION	22

INTRODUCTION

TEN PEOPLE WERE healed, but only one returned to say ‘*thank you*’ to Jesus. And He took note of that. Luke 17:11-19

Why didn’t the other nine return to give their appreciation to Him? What do you imagine our world would look like if every individual would appreciate God and each other for every blessing received, whether great or small?

*A man that is not grateful
does not live a great life.*

Yes, God expects you to give appreciations, first, to Him and then to your fellow human

beings. He values our praise and thanksgiving, and is motivated by it!

Thanksgiving and appreciation will establish your blessings as permanent features of your life. Ingratitude is a major reason for stagnation. A man who does not give thanks does not move forward no matter how much he prays.

It takes gratitude to become great. A man that is not grateful does not live a great life. Until we thank God for where we are, we cannot move to where we are meant to be.

Appreciation is key to any relationship. Appreciating someone makes them feel good about what they do, and that

it makes a difference in their lives. It makes them feel better about themselves, urging them to go on with new vigor, strengthening your relationship.

When you're talking about something as complex and complicated as two people coming together in marriage, it can be easy to focus on all of the problems that need to be solved. It's like buying a house that needs to be fixed up. First, you tackle the major issues. The roof needs to be replaced. The wiring needs updating. The plumbing requires professional help.

Looking at everything that's wrong with your marriage is a quick and easy way to be miserable.

And just when you think you can sit down on your couch and relax, you notice the smaller things that were overshadowed at first. The popcorn ceiling is uneven and should just be smoothed down. The carpet is stained and should be replaced with much more durable flooring. That wall color you never really noticed when you first moved in needs a fresh coat in a new hue.

Constantly finding things to fix makes it difficult to focus on the present and be grateful for what you have. You have a roof over your head. You have four walls around you. You have warmth. A hearth. A home.

Similarly, when all you can see in your marriage are the problems, you have a much harder time finding the good things – the things to be grateful for. Looking at everything that's wrong with your marriage is a quick and easy way to be miserable. But by adjusting your focus and taking on a more grateful attitude, you can see your marriage – and your life – through a whole new lens.

WHAT IS APPRECIATION?

The definition of appreciation refers to the recognition and enjoyment of the good qualities of someone or something. Appreciation is admiring others and communicating your approval to them! It is taking the time to make people feel welcome and special by using the fruit of God's work in you to encourage and uplift others. It is a form of valuing others; this takes the focus off you and places it on God's purpose and direction. It is fueled by our heartfelt thanks to God for what we have, for what He has done, and is a lifestyle of worship and adoration. This allows us to give to, and value others with respect and honor (Rom. 12:10; 1 Thess. 5: 12-18; 1 Tim. 5:17; 6:1; 1 Pet. 2:17; Heb. 12:28-29).

Insensitivity, disrespect, callousness, and disapproval are opposites. Pride will not allow you to be appreciative of others, because all you will think of is yourself. You will not be concerned with how others have contributed or supported, or their value and significance. It is thinking *I*

achieved something totally on my own, when it was God, along with others working in and with you. Pride causes hurt to others, cuts off relationships and growth, and points only to self, and elevating you to a position to which you are neither called nor worthy. It distracts others from true Christianity and service to our Lord.

How would you define Appreciation? Are you a person who naturally lets people know they are worthy? If so, what happens when others are not appreciative of you?

What part does Appreciation play in your relationships with church members, friends, coworkers, spouse, and family? Have you thanked people you know or with whom you work by your words as well as your example?

How does being insensitive counteract Appreciation? What is the cost to others (*God, family, friends, neighbors, church family, co-workers, etc.*) when you are a person who is focused on Pride?

What happens to your relationship with God, with others, and with the opportunities God gives you when you neglect to be thankful and appreciative?

When have you been filled with Appreciation the most?

In what situation did you fail to thank someone when you should have?

What issue is in your life that would improve with more Appreciation?

Think through the steps you need to take to put Appreciation into action in a specific instance. Such as, why is Appreciation not functioning properly in your attitudes with friends, church folks, family, and co-workers, and what can you do about it? How many people can you think of whom you have helped or who have helped you in the last few months? How many did you thank? What are you going to do about it now? How can you be more sensitive to others so you can be better at letting them know they are worthy and appreciated?

Appreciation differs from gratitude because gratitude is a response to what someone has done for us such as, God's grace. A gift is given, and we say "*thank you*" in word and deed. Appreciation is honoring others while also being grateful for what we have. It is being thankful and glad for other people, friends, family, and co-workers. This character will enable us to see the right time and place to give a kind word, and when someone is at a critical stage and needs a friend. The world is full of discouraging people who live to put others down; very few people live to build others up. We are too preoccupied with ourselves and our circumstances to see and value others. However, these Scriptures point out how valuable it is to God that we do take the time to honor others. That kind word at the right time can lead a person out of depression, out of a bad thinking situation, even out of suicide. Your kind

gestures set a tone for healthy relationships and point others to Christ.

Appreciation is needed more than personal dignity. We are culturally consumed with gaining respect for ourselves, while God is more interested in how we treat others. We are not to focus on personal dignity as David's wife Michael did; rather, we are to focus on honoring God so we can also honor others, as David did. It is seeing others as worthy, as teammates in life, and as co-laborers in the Lord. The application of Appreciation is what is called "*brotherhood*." This is purposefully expressing love to others. It goes against our sinful nature that only desires to seek its own. Because we fear God (Prov. 3:5) we can let the Spirit hone us to His precepts even when they go against culture and what our friends are doing. It may not be cool to say "*thank you*," but we are called to say it anyway, and say it with genuine sincerity. First, Timothy teaches that we blaspheme God when we do not honor one another. Did you realize that? It may seem trivial to give Appreciation, but to God, it is very significant and can be the quintessential way God uses us to lead another person to Christ.

THE CRAVING FOR APPRECIATION

We have all heard that gratitude in our lives has a powerful effect on our happiness (*and on our brains!*) This also applies to our happiness in marriage.

Did you know that appreciation makes us healthier? It also strengthens our emotions, helps cope with stress, can help us sleep better, improves productivity, and so much more! So essentially, when you appreciate your spouse you are doing yourself a favor too!

The deepest principle of human nature is a craving to be appreciated. If we are honest with ourselves, we all want and

*Appreciation makes us
healthier and happier.*

need to feel valued for who we are and recognized for our contributions and accomplishments. We need to know that we have made a

difference in someone's life.

If a person takes the time to express their heartfelt appreciation for something we have done, it boosts our spirit, passion, and purpose. It builds our self-confidence, self-esteem, and our entire self-image. It gives us the energy and motivation to work harder and do more.

Everyone has a real need to feel appreciated and valued. Showing genuine appreciation is one of the most powerful communication tools you can develop. It will open doors to better conversations, more positive exchanges, and ultimately better relationships at both works and home.

There is amazing power in appreciating your spouse. Spouses who receive it begin to feel closer, more emotionally

connected. Spouses who give it begin to change their hearts and the way they perceive their spouse.

Deep connection in a marriage can only happen when appreciation is a part of the relationship.

Jesus asked us to pray for enemies (Matt 5:44) and he must have known what research is just now discovering. Anger, grudges, un-forgiveness, resentment, and bitterness cannot coexist in the same heart with appreciation. One displaces the other.

Appreciation is a fundamental human need yet is often considered an unnecessary nicety. Niceties like please, thank you, that was awesome, and I appreciate you. After all, why should we have to interrupt our busy day to tell someone else we appreciate them? Aren't they just being needy? Doesn't that show a lack of confidence on their part if they need constant reinforcement? They should know that they are appreciated without having to have a pat on the back. Wrong! That little pat on the back is so powerful that 64% of Americans leave their job because of lack of it.

Deep connection in a marriage can only happen when appreciation is a part of the relationship.

So what is so powerful about appreciation? Appreciation gives us purpose! Appreciation changes perceptions!

Appreciation emits positivity! We all want and need to feel valued for who we are and recognized for our contributions and accomplishments. We need to know that we truly make a difference.

LET'S START WITH PURPOSE

Appreciation expressed through acknowledgment of our good work confirms our work is valued. When our work is valued, our satisfaction and performance rise and we feel purpose. Feeling genuinely appreciated makes us feel secure, which is what empowers us to do our best work. If a person takes the time to express their heartfelt appreciation for something we have done, it makes us feel good about what we do. It builds our self-confidence, self-esteem, and our entire self-image. It gives us the energy and motivation to work harder and do more.

Appreciation put simply is positive feedback. We all want to know whether our employers think we are doing well. Positive feedback is their confirmation. When we aren't given positive feedback it seems as if they don't notice, care or value our contribution. Instead, we may only hear when we are doing something wrong. A healthy ratio is three positives to every one negative feedback conversation. Exceptional relationships are the result of five positives to every one negative.

When we don't feel valued we wonder if we are doing a good job. We may even worry if we are at risk of losing our job. We lose our sense of purpose if we believe what we do isn't important enough to be noticed and appreciated. The purpose is powerful!

NEXT IS PERCEPTION!

Appreciation can change our perception by changing our focus. For example, let's say you're not getting along with a coworker. It is our nature to focus on what we don't like and take for granted the things we do like. We get so focused on what we don't like about a person we stop seeing the good in them.

Here is an exercise for the next time you get upset with someone...your spouse, significant other, close friend, or co-

When we get so focused on what we don't like about a person we stop seeing the good in them.

worker. It may even be today.

What are five things you appreciate about this person?

How do they make a difference in your life? On a scale of 1 to 10 how big of a deal is what

you are upset about? Focus on

what you appreciate about that person instead of what you don't.

When we take time to think about what we appreciate about the other person it changes our focus. When we change our

focus we see them in a new light and it changes our perception. When we show appreciation to another person it changes their perception of us as well. It also changes their willingness to help. People are much more willing to go the extra yard if they know they will be appreciated.

Appreciation is the antidote to resentment and bitterness.

What is great about appreciation is that works if only one of the spouses implements it unilaterally. In other words, if one person in the marriage begins discovering and telling their spouse what they appreciate about them, the marriage changes.

If you feel stuck in your relationship and believe you do not think it will ever get better unless your spouse goes through a complete transformation, then you need to try this.

Find a place to write at least one thing you appreciate about your spouse every day. You may want to write it in a journal or begin a word file called “*Things I Appreciate About My Spouse*”. But do it daily.

Focus on what you notice about their heart. About who they truly are. Listing characteristics or traits of your spouse you appreciate is better than listing some behavior or action they perform.

Find a time to tell them what it is you appreciate about them. You may want to tell them looking right into their eyes or

perhaps send them a message. Whatever way you choose, make it clean and uncluttered by other communication. Just say, “*Something I appreciate about you is _____*”.

Let your spouse decide to receive it without any comment from you. No matter what they say back, even if they say nothing, stay committed to implementing this strategy of appreciation daily.

Your relationship is worth this simple daily task. Commit and do it.

People that receive regular appreciation are 5 times more engaged and productive.

Appreciation is like a muscle. You need to use it to make it stronger. Even though we know the power of appreciation, sometimes we just don’t get around to doing it regularly.

HOW TO EXPRESS APPRECIATION

How can we be appreciative people? We can do so by voicing sincere compliments, taking the time to write a note, celebrating victories, and honestly showing our delight so others feel special. As a Christian, you have the Creator and King of the universe indwelling in you. His delight for you is secure, thus you are

People that receive regular appreciation are five times more engaged and productive.

called to shine His Light so others may feel the light of delight. You are called to care so they can see the hope of the Eternal God. Appreciation also helps us realize what we have, and to be grateful for the relationships, opportunities, and blessings He gives. Appreciation helps us accept the difficulties and trials of life as part of God's loving provision and care that leads to our learning and growth for a greater good and maturity (James 1:2-8). We need to know what success is, and that it is not determined by what we do or what we have. Rather, it is determined by how we follow God's precepts and interact with others using them.

Appreciation is essential for showing God's love and it is proof of His Fruit coming from you! Let us allow our value of others to appreciate in-depth and quality!

Six benefits you can derive by showing your appreciation

1. When you give people a sincere compliment, words of encouragement, or just a warm smile, you are making their world a better place. You are making them feel appreciated and valuable.
2. When you express your approval or gratitude for something they have done, you will not only enhance their lives, but you will enrich yours as well. You will feel more fulfilled because you have done something to make someone else's life better.

3. One of the laws of the universe states that what you give you get in return. It costs little or nothing and it almost always follows suit that they will demonstrate their gratitude for what you do.

4. When you show any interest in others by noticing the good things they've done; they will be drawn to you like a magnet. It will accelerate the relationship-building process and enhance their overall impression of you.

5. It will increase your value to the market. When you show your appreciation to others, their respect for you will grow and so will your influence as a leader. In today's world, people have choices. They prefer to work with people they like and trust and who show an interest in them.

6. It's a free form of currency. People will do more for recognition than they will for money. If you are in a leadership position, remember that people will work harder and do more if they know they will be recognized for their accomplishments. Show them you care and they will be loyal to you, even if better opportunities come their way.

FEW WAYS TO SHOW APPRECIATION

Be mindful of what is going on around you and be “present” at the moment.

Be open and receptive to giving and receiving appreciation and recognition. Pay attention and catch people doing good things. Do it often.

Focus on individual accomplishment.

Individual recognition is more powerful than acknowledging a group. At staff meetings, when someone has done a good job, acknowledge them by name in front of their peers. And tell their boss! At home, announce how pleased you are with your child in front of their friends, or of your husband in front of him and the kids.

Be as specific as possible.

When you offer appreciation, describe the impact of what was done. Most people like to hear “*you did a good job.*” However, adding a comment on the difference they made can make the appreciation impact even greater.

When you see it, say it.

Give the recognition as soon as possible after you see something to appreciate. The impact of the feedback fades the longer you wait to give it. Timeliness is important, so don't wait!

Make appreciation a daily habit.

Go out of your way, at least once every day to appreciate someone. Give a compliment or tell someone they are doing a good job. Be specific, look them in the eyes, and tell them

what you appreciate about them. Get in the daily habit to appreciate others at work, at home, at the grocery store — everywhere!

Write a real, live, handwritten note.

This is the ultimate, advanced level appreciation action that will make anyone's day/week/year.

Take the time to sit down and write a handwritten note to someone. Describe their qualities that had an impact on your life, such as courage, loyalty, support, kindness, wit, or persistence. It doesn't have to be long – just thank them for being an influence on your life. This is a super powerful experience for the receiver and the giver!

Be genuine about your praise and don't expect anything in return for being nice.

Be very specific with your words and use the person's name whenever possible. This makes it more meaningful. For example, "Bill, thanks for making us feel so welcome when we arrived at the hotel. It was the perfect start to our vacation."

Demonstrating eye contact and positive body language goes hand in hand with the words you choose.

Think of special ways to show your gratitude. For example, buy flowers or do something special for your spouse that you

know he or she would love. You don't have to spend a lot of money for the thank-you to have value.

If the praise or appreciation relates to a specific act or circumstance, give it as soon after the event as possible to have the most impact.

And, finally, TRY THIS EXERCISE:

Who and what have you not fully appreciated? List all the people and things in your life for which you are grateful. In some special way, say “*thank you*” and show your appreciation to the people who mean the most to you.

Visit your list often. You will find the power of appreciating others is pretty satisfying for you, too!

Below are common words you can use to express appreciation.

COMMON WORDS OF APPRECIATION

- Thanks.
- Thank you.
- I am indebted to you.
- Dinner was delicious.
- I appreciate you.
- You are an inspiration.
- I am grateful.
- You are a blessing.
- “You're the best.”
- “I'm humbled and grateful.”
- “You knocked me off my feet!”
- “My heart is still smiling.”
- “Your thoughtfulness is a gift I will always treasure.”
- “Sometimes the simplest things mean the most.”
- “The banana bread was fabulous. You made my day.”
- “I'm touched beyond words.”
- “Thank you for all your hard work on this”.
- “Thanks again, we couldn't have pulled this off without you”.
- “Thank you, you're amazing!”
- “I'm so thankful for everything you bring to the table”.
- “Thank you kindly”.
- “Thanks a million”.
- “Many thanks”.
- "Wow!! I'm so impressed!"
- "I love who you are!"
- "You must be so proud!"
- "I value you!"
- "I'm proud for you"
- "I'm so pleased for you"
- "You look pleased with your effort"
- “I can’t even begin to explain how much your help meant to me”.
- “Thank you for always stepping in to help when I need you most”.
- “Thank you for taking the time to help me, it meant a lot”.
- “Thank you for sharing your home with me, I had such a great time catching up”.
- “My stomach (and I) want to thank you for that delicious meal”.

- “You made me feel so at home that I forgot I wasn’t! Thank you for having me”.
- “Thank you for putting a roof over my head this weekend, it was so kind to invite me into your home”.
- “Thank you for hosting my event, my day just wouldn’t have been the same without you!”
- “Thank you for the raving letter of recommendation, I can’t wait to start my new job”.
- “I appreciate you”.
- “I’d be lost without you”.
- “You make my heart smile”.
- “Thank you for being my superhero!”
- “How can I make your day amazing?”
- “How did I get so lucky? I’m so grateful you choose to be with me”.
- “I have a big bear hug waiting for you the next time I see you!”
- “You’re the sweetest! Thank you for everything you do!”
- “I already made dinner tonight, thank you for being so wonderful”.
- “When I think about things I’m grateful for, you are always on the list”.
- “It’s a rare thing to find someone as generous and kind as you. Thank you”.
- “Thank you for supporting my dreams, no matter what. I couldn’t ask for a better partner”.
- “Just when I thought I couldn’t love you more, you did that. Thank you for being so amazing!”
- “Thank you for helping me with this project”.
- “Thanks again for meeting with me today”.
- “Thank you for taking the time to explain this”.
- “Thank you for leading by example”.
- “Thank you for being such a great leader. The other team members and I are inspired by your actions”.
- “I truly enjoy being a part of your team”.
- “Thank you for being such an inspiration to me and others around you”.
- “Thank you for entrusting me with this project”.
- “I appreciate your dedication”.

- “Thank you for sharing your honest feedback about the project”.
- “We are grateful for your dedication to the team and company”.
- “Thank you for making this such an awesome place to work every day!”
- “Thank you for having confidence in my abilities”.
- “I appreciate your flexibility and willingness to work with me on this”.
- “Thank you for the opportunity to work here. I will do my very best to exceed your expectations of my abilities”.
- “Thank you for your email, it was appreciated”.
- “Thanks for your attention on the matter”.
- “I want to express my gratitude for everything that you’ve helped me achieve here”.
- “I appreciate you considering me for this position. I look forward to hearing from you”.
- “Thank you for sharing your opinion. I value your honesty and will respond as quickly as possible”.
- “Thank you for always going above and beyond to ensure the success of a project”.
- “I appreciate your hard work and want you to know it doesn’t go unnoticed”.



ABOUT THE AUTHOR

Jabari McDimar is the Director of **Marriage Grace International**, and the President of **International Marriage Institute** with over 1000 students around the world. He is also the CEO of **Lucrative Idea Resources**: An Info Marketer, Content Creator, Blogger and Graphic Design firm based at Shanzu, Mombasa, Kenya.

Jabari is a renowned **Prophetic Teacher**, anointed for the unveiling of *Prophetic Cypher* and *Biblical Euphemisms* in the End Time; a *Prolific Writer*, and a *Certified Marriage Counselor*.

He runs a bi-monthly "*Miracle Marriage Seminars*" together with his precious wife **Pastor Sally Jabari**.

The duos are committed to conveying the **New Covenant** message of **Marriage Grace** to a *hurting and dying world*.

For Marriage Seminars, Youth Seminars and Revival Meetings. contact us!



+254 724327927 / 0759950090



Facebook/imi20



Twitter@JabariSally



mcdimar3@gmail.com



Shanzu, Mombasa

+254 724327927 / 0759950090