

FUNNY CUZ IT'S TRUE

Growing in Gratitude

SEPTEMBER 17, 2023

Sure, we all have moments here and there of gratitude. We even have a day for thankfulness. But what if you could grow in gratitude and live more of our lives in deep appreciation? We think you can.

MESSAGE NOTES AND HIGHLIGHTS

- A cheerful heart is good medicine... | Proverbs 17:22
- As followers of Jesus, we're encouraged, taught, even commanded to be thankful.
- Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. | 1 Thessalonians 5:16-18
- Perhaps the will of God looks less like a detailed personal itinerary, and more like a humble heart of inner obedience.
- Paul writes to give thanks IN all circumstances, not FOR all circumstances.
- Our gratefulness doesn't need to be dependent on our circumstances.
- I have learned to be content whatever the circumstances...I can do all this through him who gives me strength. | Philippians 4:11-13
- Entitlement, discontent, and complaining can block our gratitude.
- One way we can cultivate gratitude is to learn to express it.
- We need to express our gratitude, not just feel it—with our words and our actions.
- Another way we can express our gratitude to God is through praise and worship.
- Be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. | Ephesians 5:18-20

DISCUSSION QUESTIONS

1. How would you rate your ability to be grateful "in all circumstances," like Paul writes in 1 Thessalonians? How about in the last week or two specifically?
2. The apostle Paul instructs us to be thankful IN everything, but not necessarily FOR everything. Why is that distinction important?
3. Entitlement, discontent, and complaining can block our gratitude. Have you found that to be true? When or why do you feel like your gratitude is "blocked"?
4. A powerful way to cultivate gratitude is to express it more—with our words and our actions. How would you rate yourself at expressing gratitude?
5. Who or what are you grateful for? Who is someone you can express your gratitude toward in a tangible way?