

gratitude

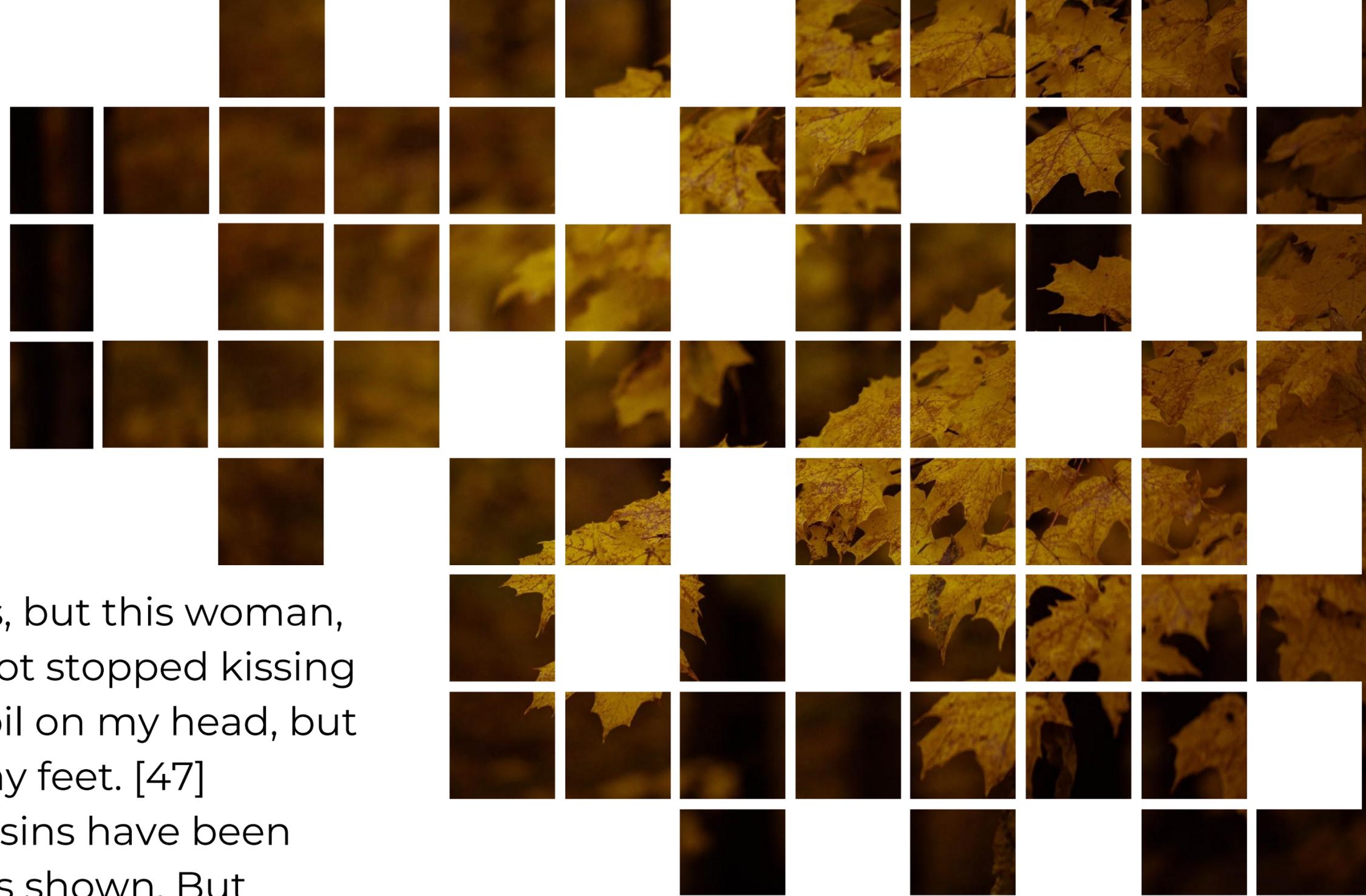
IT REALLY IS A WONDERFUL LIFE

GRATITUDE

FEARLESS SERIES

[45] You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. [46] You did not put oil on my head, but she has poured perfume on my feet. [47] Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little.” [48] Then Jesus said to her, “Your sins are forgiven.”

Luke 7:44-48 NIV





What is Gratitude?

Fearless Series: Gratitude

Gratitude is a quality of being thankful or grateful regardless of the circumstance.



Do you have Gratitude?

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

– Albert Schweitzer



Who is someone you know that's grateful all the time?



What would your life look like if you learned to be grateful?

George Bailey

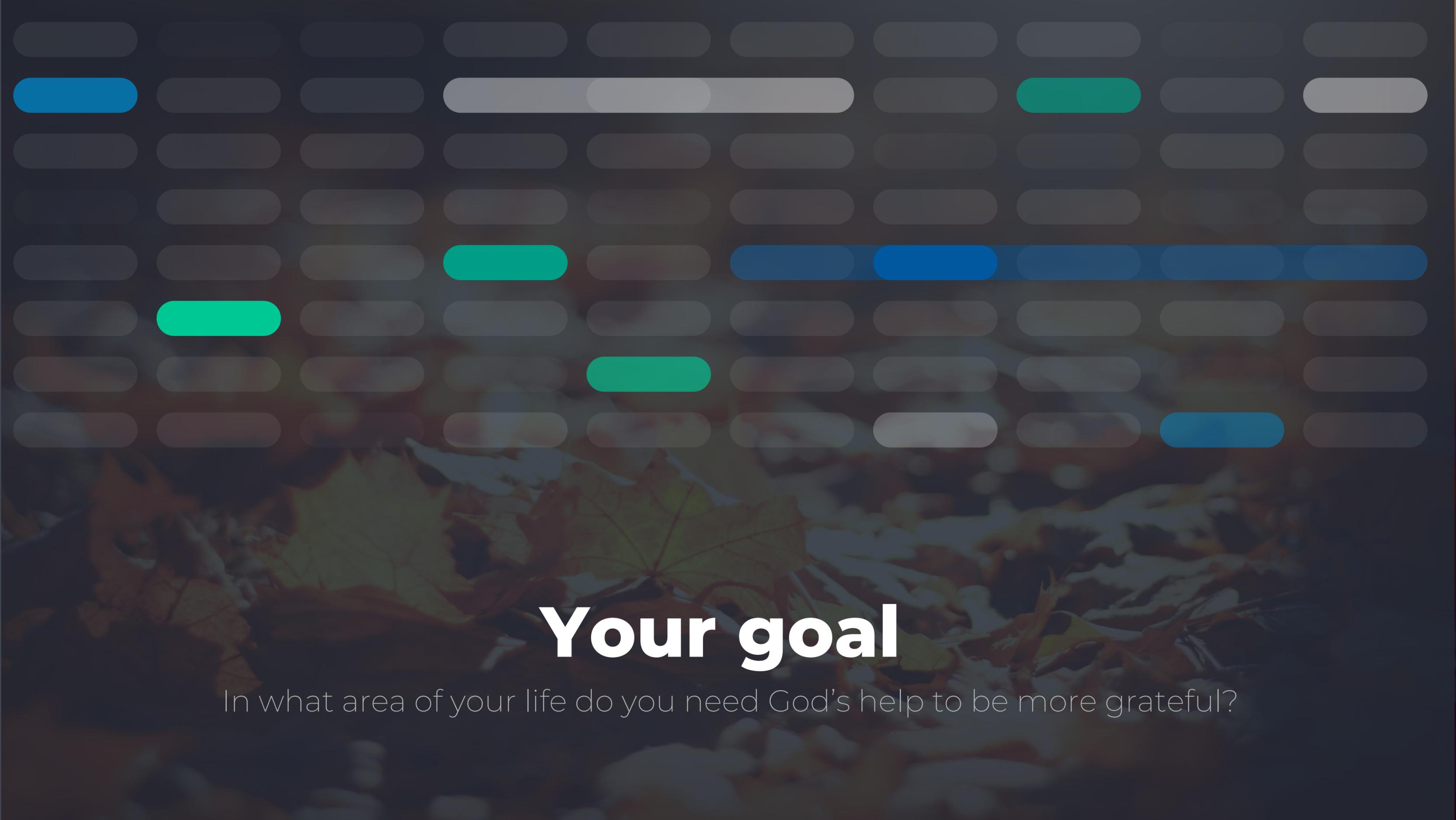
Businessman • *It's a Wonderful Life*



All you can take with you is that which you've given away.

FEARLESS





Your goal

In what area of your life do you need God's help to be more grateful?

Practice, Practice, Practice

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[16] Rejoice **always**, [17] pray **continually**, [18] give thanks in **all** circumstances; for this is God's will for you in Christ Jesus.

- **1 Thessalonians 5:16-18 NIV**

★ Practice "thank you"

Practice makes perfect. The simple choice to just say thank you and think about how we are grateful for what we have can help us get through any circumstance.

★ Being grateful is a choice, not a feeling

Regardless of the circumstance, we have a choice to be grateful or bitter and spiteful. Praying constantly can also help make that choice.

★ How often do you take the time to think about what you are grateful for?

Do you base your gratitude on circumstance or are you grateful for what you have no matter what?

Express Gratitude

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As he was going into a village, ten men who had leprosy met him. They stood at a distance [13] and called out in a loud voice, “Jesus, Master, have pity on us!” [14] When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed. [15] One of them, when he saw he was healed, came back, praising God in a loud voice. [16] He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. [17] Jesus asked, “Were not all ten cleansed? Where are the other nine? [18] Has no one returned to give praise to God except this foreigner?” [19] Then he said to him, “Rise and go; your faith has made you well.”

- Luke 17:12-19 NIV



Express it

Gratitude can be an overwhelming feeling, but be sure to express and let people know!



Take action

He praised God because he was given a second chance. Many were given a second chance, yet only one took action.



What’s a second chance you have gotten?

What do you do with the second chance you get? Do you take it for granted or does it move you to go to God?

Gratitude Motivates

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You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

- 2 Corinthians 9:11 NIV

★ **Gratitude is a response**

God has given us so much, and so the least we can do is give back. When we see how much God loves us and has given to us, it is motivating to want to give to others.

★ **Pay it forward**

When we choose to give and love as a response to being grateful for what God has given us, it inspires and influences others to turn to God themselves. Our choice to be grateful and give doesn't just affect us, but the people around us too!

★ **How will you respond to what God has given you?**

How can you choose to give and love today?

Decision

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Talk it through

How do you need God to help you be grateful no matter what?



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

- JFK



Take action

What are you going to change with God to become grateful?

Next steps

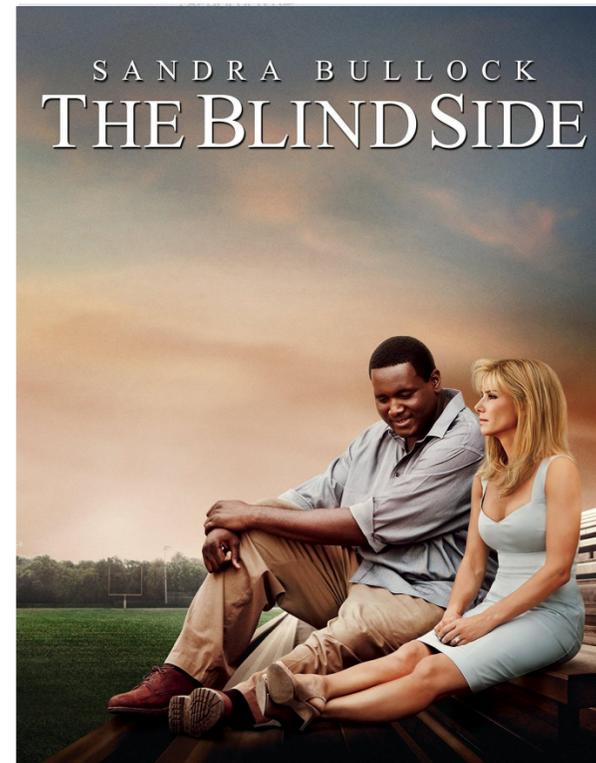
Fearless Series: Gratitude

These follow up actions will help you put into practice the decisions you made, and allow God to start shaping your character.



Read together

Genesis 37-47 - Joseph was grateful for the life God gave him even when it was hard - after reading, talk to a friend about what you learned



Watch together

It's a Wonderful Life, *Family Man*, *Blind Side* and *Freedom Writers* - watch with a friend or two and talk about what you learned



Do together

Write something you are grateful for in a journal everyday for a month and share with a friend what you learned.

Further study

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1

Book of Daniel

2

Psalms 23

3

James 1

4

Philippians 4

5

Acts 9
Saul's conversion