

GRACE NOTES

Series: Counter Culture

Message: **Living with Gratitude**

Scripture: 1 Thessalonians 5:16-18

Date: Sunday, November 22, 2015



When we make the choice to live lives that run counter to the culture, there are certain risks we take.

Which best reflects your attitude?

I AM GRATEFUL

I AM A GRUMBLER?

You can't be a grumbler and be grateful at the same time.

Enemies of gratitude:

Greed

Impatience

Envy

Pride

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)

Gratitude is the thermometer of your heart.

How do you go from grumbling to grateful?

You need a new heart.

"You have made us for yourself, and our hearts are restless, until they can find rest in you." (Augustine)

You need to choose gratitude daily.

"Guard your heart above all else, for it determines the course of your life." (Proverbs 4:23, NLT)

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STUDY NOTES

List three things for which you are grateful.

What is something you are grateful for today that you were not grateful for at the time.

What is the greatest challenge you have to being grateful?

Thinking back to Sunday's message - What challenged you, encouraged you, or caused you to change the way you think or act?

Read **Luke 17:11-19**.

What hope did lepers have of a normal life?

What was the response of the ten lepers whom Jesus healed?

Can this teach us anything about gratitude?

Read **James 1:16-18**.

Who is the giver of all good gifts? (v. 17)

What is the greatest of the gifts we have received? (v. 18)

Read **1 Thessalonians 5:16-18**.

How can we give thanks in ALL circumstances?

How is giving thanks part of God's will for us?

Notice the words "always," "continually," and "in all circumstances" (NIV). What does this tell you about being consistent in living out our Christian values?

Read **Hebrew 13:15-16**.

How might praise to God be a sacrifice for us? (Consider that we are to give thanks in all circumstances.)

What other sacrifice does verse 16 encourage us to give?

HAPPY THANKSGIVING TO YOU AND YOUR FAMILY!