

Gratitude: Celebrating What We've Been Given

Christ-Like Character Series – Week 10

What is True Gratitude?

How does it change our lives?

Everyone to answer in one
sentence:

 *“What is something small
you’re thankful for this week?”*

What is Gratitude?

Gratitude is not just a feeling—it's a habit of the heart!

Romans 1:21 – Ingratitude marks the ungodly.

1 Thessalonians 5:18 – Give thanks in **all** things.

Why is gratitude a choice and
not just an emotion?

Benefits of Gratitude

- Eliminates worry – Philippians 4:6–8
- Builds faith – Psalm 103:2–5
- Stops the “Gimme spirit” – Reflect on
M.J. Ryan’s quote
- Prevents pride – Deuteronomy 8:10–14

“If we don’t practice gratitude on a daily basis, it’s easy to overconsume, to feel a lack and to try to fill that lack through possessions, because on a psychological level we haven’t registered that we already have what we need. Walk around where you live and really notice and give thanks for the objects in your life that give you joy. Then notice what effect it has on your desire to buy more” (M. J. Ryan, *Attitudes of Gratitude*, 31- 32).

Can you share a time when
being thankful shifted your
mindset or mood?

Examples in the Bible

King David – Psalm 21:1–7

Ten Lepers – Luke 17:12–19

Ruth's gratitude to Boaz – Ruth 2:10

Gratitude draws us closer to God –
Psalm 100:4

Which Bible story of
gratitude speaks to you most
today?

“Thank You Circle”

Everyone, say one thing you are
thankful for:

To God

To another person

Reflection & Meditation

**Read Psalm 103:2–5 and Colossians 1:12–13
aloud.**

Ask:

“What are the blessings I’ve forgotten to
acknowledge?”

“How can I build a daily habit of gratitude?”

You can do a quiet reflection or journaling
for 2 minutes.

Closing Prayer & Encouragement

Everyone to pray a short prayer of thanksgiving:

- Thank God for His daily gifts
- Ask for a grateful heart
- Pray that each one of us becomes a carrier of joy through thankfulness