



## The Benefits of Gratitude – Message 2

### Announcements



Join the 1000ONE prayer movement for our upcoming Community Series called *Born For This*. Join 1,000 people for 1 minute a day until Jan 15<sup>th</sup>! Text **PRAY to 25827** to receive daily emails with scripture and prayer point.

**Step Four – Small Groups** // Sunday, November 27th at 12:45pm // LCC Annex, SSC Offices and GCC. Discover how to grow in your relationship with God and with others. Register at [ChurchoftheKing.com/register](http://ChurchoftheKing.com/register).

### Warm-up

How has your attitude of being thankful changed from when you were a child?

Do you talk more about your blessings or your disappointments? Would those closest to you say you are a thankful person? These are some questions we can ask ourselves to test if we have an attitude of gratitude. Today, we explore what the *Benefits of Gratitude* in Message 2 of the *For All You've Done* series.

### Word and Application

Gratitude is defined as *the positive emotion of appreciation or thanks*. Some of the attitudes that hinder us from being grateful are: pride, a critical or complaining spirit, and familiarity. These attitudes can cause us to lose right perspective and a thankful heart.

**Read Ephesians 5:19-20 & 1 Thessalonians 5:16-18.**

What are some practical ways Paul teaches on how to be continually grateful? How can our lives radically change by implementing a heart that is continually giving thanks?

### Three Benefits of Gratitude:

1. *Gratitude increases your personal happiness and productivity.*

What do you think determines happiness?

**Read Philippians 4:4.**

Most of us think that our happiness is determined by our circumstances, but the opposite is true. Happiness is determined by our attitude and perspective. Paul chose to be both happy and joyful in spite of being in prison. He learned to thank God in every circumstance and situation. In what areas of your life do you want to be improve in happiness and joy?

2. *Gratitude shifts our perspective.*

**Read Psalm 92:1, 1 Thessalonians 5:18 and 2 Corinthians 12:10.**

Which of these passages most resonate with you and why?

As gratitude pours out of our life, it should include thanking God *for* the blessings and thanking God *in* the burdens. Paul is not telling us to be thankful for our problems but to be thankful *in them*. Give an example of a time when you chose to be thankful in the midst of a difficult time that changed your perspective of the situation.

3. *Gratitude enhances your relationships.*

**Read Romans 1:8, 1 Corinthians, 1:4 Ephesians 1:16 & Philippians 1:3.**

Paul made sure he let the people he was in relationship with know he was thankful for them. When we show appreciation to others it creates ties and builds trust. Let's be a people marked by gratefulness and walk in the benefits of gratitude! Which relationships in your life would improve if you became intentional about letting them know how much you appreciate them?

**Chose one or both of gratitude challenges this week:**

1. If you are with family, friends or co-workers this Thanksgiving, take time to share a heartfelt "thank you." Thank them for the value they have placed in your life.
2. Take time each day in prayer to be specific for everything you are thankful for in your life, even in the difficult area of your life.

**Prayer**

Thank God for specific blessings in your life. Ask God to show you how to express gratitude to others in your life in a way that is most meaningful to them. Pray for specific needs of the group.