



## The Power of Gratitude

### Announcements

**Restart Host Orientation** – If you are interested in learning what it takes to make a difference in people’s lives by hosting a Restart Group in January 2016 please join us for Restart Host Orientation. Restart Host Orientations at the Little Creek Campus will take place on Sunday November 15<sup>th</sup> & 22<sup>nd</sup> at 5:00pm in the Globe and on Sunday December 13<sup>th</sup> & January 3<sup>rd</sup> at 9:00am in the Annex.

**101 Starting Point** is the first step in Pathway. Find out how you can find your place at Church of the King by learning about the vision and mission of the church. Starting Point takes place on Sunday, December 6th. Go to [churchoftheking.com/pathway](http://churchoftheking.com/pathway) to check the times for your campus.

### Warm-up

What is your favorite Thanksgiving tradition? What is your most obscure Thanksgiving tradition?

### Word and Application

The holiday season begins this week with Thanksgiving Day. As the name suggests, Thanksgiving is a specific day in which we celebrate how God has blessed us. It’s a special day for sharing time together with family and friends, and for taking the opportunity to focus on being grateful for our faith and God’s blessings in our lives. What’s more important than only giving thanks on one day, is that we live every day with a continual attitude of gratitude.

How can you improve your grateful attitude throughout the year?

Our attitude holds incredible power. It’s the lens that filters our life perspective, determines the quality of our relationships, and is often the only difference between success and failure. An individual’s attitude has the capability of turning their problems into blessings. An improper attitude can also turn a person’s blessings into problems. Give an example of an experience where an improper attitude turned your blessing into problem?

**Read Romans 12:2.** *Your attitude can make all the difference in your life*, but becoming a Christian doesn’t immediately result in a positive attitude. Our worldly attitudes are transformed when we allow God, through His Word and the work of the Holy Spirit, to renew our mind.

What can you do to help renew your mind so you have more thoughts of gratitude?

One important attitude is that of gratitude. Recent research demonstrates **Four Ways Giving Thanks Improves Your Life:**

1. Gratitude reduces our stress.
2. Gratitude protects us from negative emotions.
3. Gratitude sustains our relationships.
4. Gratitude improves our health.

When we focus on what we do *not* have, we are *less* likely to give thanks for what we do have. The alternative being that when we redirect our focus on what we *do* have, we are *more likely* to be thankful for it.

How have you seen having an attitude of gratitude impact your life in a positive way?

**Read Luke 17:11-19.** There are three important aspects of this Scripture:

- The beautiful image of the **abundant grace of God**. Jesus heals ten lepers, who in faith asked for His mercy. How has God's grace been evident in your life this past year?
- The disappointing example of **astounding ingratitude**. Of the ten that were healed, nine did *not* return to thank Jesus for the miracle he blessed them with. Do you relate more to the one leper who returned to give thanks or the nine who did not show gratitude? Why?
- The display of **unexpected gratitude**. One leper *did* return of his own accord, to give thanksgiving to Jesus for His great gift of love and mercy. Because of the man's attitude of gratitude, Jesus gave him a second blessing: forgiveness. He was then healed physically, emotionally, and spiritually.

This Scripture teaches that our faith moves mountains when we are moved by our faith and our obedience to God. It also demonstrates the importance of choosing to have a thankful heart and an attitude of praise and thanksgiving for God's blessings in our lives.

How is this scriptural teaching going to influence you this week? How can this teaching impact your life throughout 2016?

## Prayer

Acknowledge God with praise and thanksgiving for the blessings He has given in your life. Ask God to give you discernment and wisdom for renewing your attitude in areas that are not in line with His will. Pray for each person to honor God with a continual attitude of gratefulness. Lift up all other prayer requests for loved ones, friends, and personal requests.