

## Growing in Gratitude - Together in Thanksgiving An Exercise in Thankfulness

Purpose: To challenge you, to help you recognize and give thanks to those who give to you, and to encourage you in your walk with Christ.

Our theme is Gratitude - "*While we were yet sinners, Christ died for us*". (Romans 5:8-9)  
All appreciation and gratefulness flows from that ultimate victory over death.

### 1 Corinthians 15:54-57

"Death is swallowed up in victory. O death, where is your victory? O death, where is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ".

What is gratitude? Gratitude is recognizing that we have not done everything for ourselves, but that we depend on others (especially God), and need to appreciate them for what they do for us. (C. S. Lewis Institute)

### Christian Gratitude vs. Worldly Gratitude An Important Distinction

Christian Gratitude - Acknowledges our need for a savior. Recognizes that all things come from God. Reminds you of your identity in Christ.

Worldly Gratitude - Focuses on self reliance. Doesn't give God the place of glory. Encourages you to look within. Celebrates you making your own way.

### Is showing gratitude a part of your daily thoughts and actions?

What we are asking You to do: Read, Reflect, Record, Daily Thankful Moments

Weekly passages & prompts are provided to help you ponder gratitude for what God has done or is doing in your life, directly or through others. Extra sheets (1) provided.

- Read** the passage & look up others if desired (i.e. Psalm 100:4-5)
- Reflect** on the passage - What does it mean, Evoke, Convict, Stir in you?
- Record Daily** - Briefly summarize/explain/share moments of gratitude. Use prompts.
- Four weeks-Five days per week. Begin February 25. End March 24.**

\*There will be a time in the Sunday service (3/24) to share thoughts on how this personal time of reflection has impacted you and your inward look on gratitude.

## Week 1 Gratitude Read, Reflect, Record

*"Rejoice always, pray without ceasing, give thanks in all circumstances: for this is the will of God in Christ Jesus for you."* 1 Thessalonians 5:16-18

**\*\*As you reflect and record your thoughts, use these prompts to help guide you as necessary.**

1. We love because Christ first loved us. Giving thanks to someone is a way of showing love to another. How can you show others God's love every day?
2. What is one way God has blessed you that you're most thankful for? Write a prayer of Thanksgiving.
3. What does it mean to be grateful?
4. Who has impacted your spiritual growth and helped you grow in faith? Write a short note thanking God for that person.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:



Week 2    Gratitude    Read, Reflect, Record

*"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him." Colossians 3:17*

**\*\*Prompts for Thought:**

1. When you give thanks to God, do you typically notice the big things or the little things that you give thanks for? Why do you think that is?
2. What is one experience in the last 30 days you are happy to have had? How did you see God's hand at work in this situation?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Week 3

Gratitude

Read, Reflect, Record

*"Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire."* Hebrews 12:28-29

Prompts for Thought:

1. How can we thank God for the things He has done for us that we cannot repay?
2. How do we give thanks to others who have jobs, or serve in ways that we take for granted?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:



Week 4      Gratitude      Read, Reflect, Record

*"Oh come, let us sing to the Lord: let us make a joyful noise to the rock of our salvation! Let us come into His presence with thanksgiving: let us make a joyful noise to Him with songs of praise! For the Lord is a great God, and a great king above all gods. In His hand are the depths of the earth; the heights of the mountains are His also. The sea is His, for He made it, and His hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the Lord, our Maker! For He is our God, and we are the people of His pasture, and the sheep of His hand.                      Psalm 95:1-7*

Prompts for Thought:

1. What are you most thankful for about your relationship with God?
2. You are a new creation in Christ. Reflect on your identity in Christ and praise God for His grace and salvation.
3. When you have been still before the Lord in solitude, what lessons did God teach you and how did He reveal Himself to you?

Day 1:

Day 2:

(D3-5 on back)

## Week 4 Continued:

Day 3:

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Day 4:

Prompts for Thought:

1. What are you most thankful for about your relationship with God?
2. You are a new creation in Christ. Reflect on your identity in Christ and praise God for His grace and salvation.
3. When you have been still before the Lord in solitude, what lessons did God teach you and how did He reveal Himself to you?

Day 5:

Day 1:

(D3-5 on back)

Day 2:

We pray that you have been blessed by this exercise and that it leads you into a deeper relationship with our Lord Jesus Christ.