

Live from Gratitude. 1 Thessalonians 5:16 -18

Get the Conversation Going:

Before we dive into today's message take a few moments to read and reflect on this quote from **Dietrich Bonhoeffer**. and share your thoughts and feelings with those around you,

"It is only with gratitude that life becomes rich!" – **Dietrich Bonhoeffer**

Take a few moments and reflect:

- Are you a grateful, thankful person?
- Are you becoming a more rejoicing, grateful, thankful person?
- Would the people around you say you are generally grumpy and grouchy or thankful?

Let's Read:

1 Thessalonians 5:16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Discovering the Scripture:

Paul - in spite of his circumstances – emphasized _____ in all of his letters

Ephesians 1:16
Colossians 3:17

Why do you think God has commanded us to be thankful?

"Gratitude goes beyond the "mine" and "thine" and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and

have is given to me as a gift of love, a gift to be celebrated with joy." - **Henry Nouwen**

What if there is an absence of Gratitude?

"See, then, how great an evil ingratitude is: it produces a love of vanity; and this results in blindness, and blindness in idolatry, and idolatry brings about a whole host of vices." -- **Martin Luther**

Colossians 3:15

Why is it so important?

Philippians 4:6 - 7

Is gratitude really our choice? Can we actually decide that we will be grateful people?

Let's develop a grateful attitude

Gratitude is a rhythm that must be intentionally developed and cultivated.

1. Make thanksgiving a priority.
2. Be story formed.
3. Focus on the entirety of God's story.
4. Notice everyday blessings.
5. Ask God to make you aware of a grouchy attitude.
6. Thank people who bless you.
7. Bless others.
8. Spend time with grateful people.

Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it." - **A. W. Tozer**

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