



S A Y Y O U R

Grace

S E R M O N G U I D E

Say Your Grace

1 Thessalonians 5:14-18

INTRODUCTION

Many people learned this simple prayer growing up: “God is great, God is good, and we thank Him for our food. By Thy hands, we all are fed; give us Lord, our daily bread. Amen.” Saying your grace acknowledges God as the source, substance, and sustainer of our supply. It reminds us that it was God, not our credit card, that provided the meal. Grace, from the Latin *gratia*, means “gift.” It reminds us that all we have is a gift from God. And when we realize that, we pause to give thanks. Because there’s always something to be thankful for. If you can’t be thankful for what you’ve received, be thankful for what you’ve escaped. If you can’t be thankful for where you are, be thankful for where you are not. That’s the prevailing point of Paul’s message to the Thessalonian church. Difficulties are never an excuse not to say your grace.

KEY POINTS

1. Saying Your Grace Is Not Circumstantial

Paul says, “In everything give thanks.” Telling the Lord “thank you” is not limited by favorable conditions, nor negated by difficult situations. God is not good some of the time. He is good all of the time. We should never limit what God can do to what is happening around us.

Practically speaking, gratitude reorients the mind. Our brains are wired for survival, to notice danger and problems, but when we intentionally focus on gratitude, we rewire our minds to look for what is good and Godly. Studies even show that practicing gratitude enhances mental wellness, improves physical health, and deepens connection. Paul didn’t want what the Thessalonians were going through to go through them. It’s one thing to go through something, but don’t let what you’re going through go through you.

2. Saying Grace Is Not Limited By How We Feel

The command to “give thanks” is connected to joy. Paul says, “Rejoice always.” Gratitude and joy go hand in hand. Dr. Brené Brown once said, “Gratitude produces joy.” Too often, people only express thanks when they feel thankful, but joy is something you make. Psalm 100:1 says, “Make a joyful noise unto the Lord.” The word make implies creating something that didn’t exist before. So, even if joy isn’t present, we can produce it.

NOTES

No Limits with Pastor Delman

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Throughout Scripture, people rejoiced not because they felt good but because God was good. The Ethiopian eunuch, Lydia, and Peter all responded with gratitude because of what God had done. As the song by Walter Hawkins says: “Tragedies are commonplace... But You’ve been my protection every step of the way. I wanna say, thank you Lord for all You’ve done for me.” Saying your grace is not based on emotion. It’s based on recognition. Even when you don’t feel like it, thank Him because He’s worthy.

3. Saying Grace Comes With Some Benefits

Paul’s counsel in this passage shows that gratitude comes with benefits. When we give thanks, we are placed in the center of God’s will. Gratitude also helps us see things from God’s perspective. The world sees hopelessness; believers see light. We don’t thank God for every painful event, but we thank Him for the perspective it brings.

Have you ever gone through something that hurt, but later realized it gave you strength, clarity, or wisdom? Gratitude helps us shift from focusing on our pain to recognizing God’s purpose. It grounds our faith, changes our vision, and reveals His hand in our story. That’s why we “say our grace” because we remember where we came from and Who brought us through.

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QUESTIONS TO CONSIDER

1. What does it mean to give thanks in every circumstance rather than for every circumstance?
2. How does practicing gratitude change your perspective during hard times?
3. What are some “benefits” you’ve experienced when you’ve chosen to be grateful, even when you didn’t feel like it?
