

THE KEY TO CHANGE

November 30, 2025

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UNLEASHED
CHRISTIAN CHURCH
TEACHING NOTES

*Gratitude doesn't change your circumstances
— it changes YOU.*

1 Thessalonians 5:16–18 (NIV)

Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus.

- Life is hard! Pain is unavoidable.
- Paul's words are commands not suggestions. These commands are not God saying: "Try harder." They are God saying: "Come closer."
- **Rejoice** - seeking and finding God in difficulty.

James 1:2–4 (NIV)

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

- Pain drives us to **pray**.
- We **thank** God who is present and at work in us and for us.

WHY GRATITUDE MATTERS

- Gratitude doesn't change your circumstances - it changes YOU.
- Gratitude is a posture - a practiced way of looking for God in everything.
- Gratitude opens your heart to God's presence.
- It is spiritual resistance. Gratitude says: "My circumstances are loud, but God is near."

HOW GRATITUDE CHANGES YOU

- Choose Joy (Seeing God's nearness)
- Joy → Prayerful Dependence
- Dependence → Thanksgiving in all circumstances
- Gratitude → Generosity (With Jesus, we have all we need.)

PRACTICING THE POSTURE

- Morning Moment: "Lord, thank you for ____."
- Mealtime Moment: "What did God do today?"
- Hard-Moment Pause: "God, where are you in this?"
- Evening Moment: "Where did I see God today?"

TAKEAWAY

Look for God every day. When you look for Him, you find Him - and when you find Him, you are changed.

NEXT WEEK - NEW SERIES: CHRISTMAS AT UNLEASHED

*We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.
Thank you for joining us!*