



THE PRACTICE OF GRATITUDE

Sermon Notes for Sunday, November 12, 2023. Based on Rev. Chris Heckert's sermon.

"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." – Colossians 2:6-7

1. In taking time to think about people who helped us get to where we are, we can see that we don't HAVE to do things, we _____ to do them.
2. Central in the Apostle Paul's writings is the theme of _____.
3. Paul is writing the letter to the Colossians from _____.
4. Paul feels joy and love even when in difficult places because he _____.
5. We are living in an age of _____.
6. If we start from a place of gratitude, it gives us perspective, instead of a sense of _____.
7. One factor that impacts our ability to increase our willpower is the _____.
8. Counting our blessings gives us a wellspring from which to endure and persevere through _____.

Reflection Exercises for THIS WEEK

1. List three people you can thank TODAY – send them a thank you card this week.
2. What are three things you are grateful for in this moment? – Write them down
3. Begin each day for the next week with this prayer:

God, thank you for the gift of this new day. Thank you for (list 5-10, or more, simple things that you are grateful for). Help me to be a good steward of these gifts and to share your love. Amen
