

Gratitude Week 3 NOTES

"The Big Picture"

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Thankfulness is a _____. (*Ephesians 5:18b-20 & Psalm 136:1*)

Thankfulness is a _____ of a _____ of Jesus. (*Ephesians 2:4-5 & Hebrews 12:28*)

Ingratitude is a _____. (*Romans 1:21*)

Gratitude leads to _____. (*Philippians 4:12*)

Sometimes it's not about what you have to be grateful for, but just being grateful.

Go Deeper:

1. So often we want to quantify what we have to be thankful for rather than just being thankful. What ways can you focus on the big picture when it comes to gratitude? Do you find yourself in the mindset of "Pros & Cons" gratitude more often than not?
2. The Bible commands us to be thankful. What do you think about that? Is it unreasonable? Why or why not?
3. As followers of Christ, what is the biggest reason we have to be thankful? How does that trump any reason we have to be ungrateful?
4. Have you ever thought about the idea that ingratitude could be a sin? How does that make you feel? What areas of your life have you been ungrateful that you need to repent of?
5. What do you think about the idea that gratitude leads to contentment? How have you seen this play out in your life? When you are discontent is it harder to be grateful for what you do have? Why or why not?
6. How can you choose to be grateful in life right now? Who should you thank? What should you stop taking for granted? Practically what is one step you're going to take this week?
7. Read through the Bible verses above. Which one stands out to you the most and why?