

Growing In Gratitude
"How To Practice Gratitude"

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1 Thessalonians 5:18 teaches us to be thankful in all circumstances. Though this may seem impossible at times, it is a prescription for a better life. When we learn to practice gratitude, we experience the life God desires for us.

1. _____ what God has done.

"How amazing are the deeds of the Lord! All who delight in him should ponder them." Psalm 111:2 (NLT)

• God provides _____

"Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now." Philippians 1:3-5 (NLT)

• God provides _____

"For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen." Romans 11:36 (NLT)

"Then Jesus took the loaves, gave thanks to God, and distributed them to the people..." Johns 6:11a (NLT)

• God provides _____

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 (NLT)

"And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful." Colossians 3:15 (NLT)

2. _____ to what God has done.

• Practice gratitude in the _____.

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*“Give thanks to the Lord and proclaim his greatness.
Let the whole world know what he has done.
² Sing to him; yes, sing his praises.
Tell everyone about his wonderful deeds.
³ Exult in his holy name; rejoice, you who worship the Lord.
⁴ Search for the Lord and for his strength; continually seek him.
⁵ Remember the wonders he has performed,
his miracles, and the rulings he has given.”
Psalm 105:1-5 (NLT)*

• **Practice gratitude in the** _____.

*“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”
1 Thessalonians 5:18 (NLT)*

“Always be full of joy in the Lord. I say it again—rejoice!” Philippians 4:4 (NLT)

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Discussion Questions

1. Have you ever noticed the correlation between being thankful and feeling better both physically and emotionally? Share your story.
2. Read Psalm 111:2. As a group take inventory of all God has done for you. Where have you seen God? What have you seen Him do?
3. Read Philippians 4:6-7 and Colossians 3:15. Discuss the connection between thankfulness and peace.
4. Philippians 4:6-7 presents a formula for peace (Don’t worry, Pray, Give thanks). How easy is it for you to follow? How have you experienced peace when you have?
5. As a group read Psalm 136:1-9 as a time of worship together and then spend time in prayer giving thanks to Him for all He has done.

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