

Gratitude, (gratefulness, thankfulness) is a key characteristic of a Christian disciple. A believer should exhibit a constant attitude of gratitude, in good circumstances and in bad circumstances.

1. READ: **Luke 17:11-19**

- a. Who came back to say thanks?
- b. In Verse 17 and 18 what question does Jesus ask?
- c. What reasons do you think the others had for not come back to say thanks?
- d. Measuring your own "attitude of gratitude" are you among the 9 the 1, or somewhere in between? Explain your answer to the group.

2. READ: **1 Thessalonians 5:16-18** (NIV)

- a. What three things are we told to do here?
- b. In what ways are these ideas related to one another?
- c. What is Gods will in verse 18?
- d. What reasons could you imagine where you would not obey the instructions in these verses?
- e. Are there exceptions? Why or why not?
- f. Why do you think people fail so often in this command?
- g. How would "poor me syndrome" (victimization) and a sense of "entitlement" limit your ability to be thankful?

COMMENT: The opposite of gratitude is grumbling.

3. READ: **Numbers 14:1-35 and 1 Corinthians 10:10**

- a. While reading, identify the punishment(s) given to the Children of Israel because they grumbled against the Lord.
- b. Why do you think the Lord was so upset with the Israelites when they grumbled?
- c. Thinking back to 1 Thessalonians 5:16-18, in what way is grumbling a smear on the character of the Lord?

4. READ: **Romans 8:28**

- a. If we say we believe the Lord is really working 'all things for our good', how is grumbling and a lack of gratitude a denial of your faith?

5. READ: **James 1:2-3**

- a. Why are we to rejoice in trials?
- b. What is the result in our lives if we do so?

6. Life can deal us many tragic and disturbing circumstances where people can get stuck at a point in time, of great despair and discouragement. In what ways do you think finding ways to be grateful in tragedy could help you heal? Give examples.
7. Why do you think some people don't want to move on in their circumstances, but would rather stay stuck?
8. How would you encourage someone who is depressed, discouraged, angry or bitter at a circumstance in their life to begin the process of healing?
9. What could you find in your particular circumstance to have an attitude of gratitude for?
10. What examples of gratitude does your group have to share with each other, what are you grateful for?

FOR THIS WEEK:

1. Write a gratitude letter to someone, make an appointment with them and read them the letter. But before you do this, I have a couple of clarifying rules: You can't do this to someone who could benefit you financially. You should have no mixed motives with this. It cannot be someone you are hoping to date who does not want to date you. That just wouldn't be wise. It's best if you can choose to give it to somebody that will be surprised by it.
2. Write a bedtime benediction every night this week. A benediction means ending. Discipline yourself to write out what you are grateful for each day. If you wait for people and circumstances to be perfect you will never learn gratitude.

FOR FURTHER STUDY:

Philippians 2:14-16
James 5:9
1 Peter 4:9
Ephesians 4:29

GRATITUDE IS THE ATTITUDE THAT CHANGES YOUR ALTITUDE