Explore Gratitude

For one week, start and/or end the day by thanking God for five things. Keep a running list. At the end of the week, consider making this exercise a part of your daily routine.

Read Philippians.

Note all the ways that you see gratitude modeled or encouraged.

Take a fast from receiving thanks.

Brainstorm ways to honestly redirect thanks and pass it on to other people.

Core Truth:

Gratitude is an understanding and a response.

Understand the gifts God gives.
What are they? What are they worth?
Why did he give them?
Where would we be without them?

Respond with thanks. How can we express our thanks?

Check out this article about gratitude: https://tinyurl.com/y8g8cxqq What did you learn? Read the story of the unforgiving servant (Matthew 18:21-35). How is gratitude part of this story? How would you rate yourself at "paying forward" the forgiveness God's given you? Who do you need to forgive?

Gratitude to God leads to a lifestyle of gratitude.

Take the gratitude you feel towards Jesus and extend that gratitude to others.

Thank 7 different people: 3 in person, 3 in writing, 1 with an act of service or gift.