



NEW TEACHING SERIES

# WHAT YOU CAN DO:

## You Can Be Grateful

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Today's Truth: Gratitude isn't just a nicety but an absolute necessity in overcoming life's challenges.

**Definition of Gratitude:** A humble recognition of how I've been blessed that influences how I respond to every situation in my life.

⇒ Gratefulness is more of an ongoing \_\_\_\_\_, thankfulness is a \_\_\_\_\_ of that \_\_\_\_\_

### Some of the ways you are blessed in Christ

Live gratefully because.....

1. Gratitude sets the \_\_\_\_\_ for a life \_\_\_\_\_.

⇒ Colossians 3:15-16

⇒ Philippians 4:4-7

2. Gratitude keeps us \_\_\_\_\_ rather than \_\_\_\_\_.

⇒ Luke 17:11-19

3. Gratitude opens the door to \_\_\_\_\_.

⇒ Romans 12:2

Have you received Jesus as Lord? Are you continuing to live in him and getting rooted for what's ahead, are you overflowing with the sustaining attitude of gratitude?

**This week's Spiritual Practice:** Thank God every day for at least one reason you have to be grateful to him.

ANSWER KEY: listener, empathetic, careful, consistent



**Study & Discussion for Your Next Small Group**

**Theme:** *Living a grateful life*

**Share Together:** Who is the most grateful person you have known? Why would you say that?

**Reflect Together:** What impacted you the most from Sunday's message, and how is the Spiritual Practice effecting your life or attitude this week?

**Read Together:** Colossians 2: 6-13

**Discuss Together:**

- How are you continuing to live in Jesus?
- Who has been a big influence on your spiritual practices?
- What examples can you think of that represent "hollow and deceptive philosophy" in the US?
- How do those examples underscore the importance of verse 9?
- What do you think it means in verse 10 that you have the "fullness of Christ?"
- How does the spiritual circumcision in verses 11-13 speak to you?
- How do verses 6-13 make you grateful?

**Prayer Together:** Share needs in your group to pray for, as well as updates on what God has been doing.