



BREAKING THE ICE

What's your favorite Christmas decoration in your home? Why is it your favorite?

What was the best part of your Thanksgiving?

MAIN CONTENT

This week, Pastor Chris Nichols talked about the Sacred Rhythm of Gratitude. Gratitude nourishes the soul of the person who gives it AND the person who receives it.

When things aren't going as well as we think it's easy not to have gratitude. But gratitude is good for the heart. In order to feel gratitude you need to have a few things. The first is a benefit, something you received that is good.

1. What is the best benefit you have ever received?

Read Psalm 103:2-5

The next thing you need for gratitude is to have a beneficiary, the person who received the gift. The third factor of gratitude is the benefactor, the person who gives the gift. The gifts we receive aren't random. God is the ultimate benefactor of our lives. He gives us good gifts.

2. Is it easier for you to be the beneficiary or the benefactor? Why?

How do we walk in gratitude?

Read Colossians 3:15-17

Be thankful. Give Thanks. These things sound easy but they aren't always easy.

If we want to be thankful we have to be aware of what to be thankful for. It's good for our mental health when we are thankful. Our productivity goes up when we are thankful.

3. Who do you know who expresses a lot of gratitude? How do they show their gratitude to others?

One way to be thankful is to journal 3 things you are thankful for every day. Our brain can be reprogrammed to be thankful for some things every day.

4. What are three things you can be thankful for today?

Pastor Chris said, “You will never be thankful for something you feel entitled to”. We can live our lives transactionally which causes us to not be as thankful. We can live more entitled than we do thankful for what we do have. If we think everything is deserved we will never have enough.

5. Do you live your life feeling entitled to the things you have or thankful for the things you have?

Giving thanks is the second way we live out gratitude. God tells us in the Bible to give thanks to Him. It's for our benefit to give Him thanks. When we give Him thanks we shift our focus on to Him instead of ourselves.

Read Hebrews 12:28, Psalm 136:1, Philippians 4:6-7

6. Which of the scriptures above is the most helpful for you in your life right now?

As we give thanks to God, we draw closer to Him. Just as important as it is to give thanks to God, it's important to give thanks to people. We feel gratitude for people more than we extend the gratitude to people. We want credit for intentions, but we are measured by our actions.

In the same way that giving thanks to God draws us closer to Him, giving thanks to people draws us closer to them.

The gap that exists between the gratitude we feel and the gratitude we express starves our relationships. When we are intentional to express gratitude we nourish our soul and the other person's soul we express gratitude to.

7. Who do you need to show gratitude to today?

CLOSING PRAYER

- + Write down 3 things you are thankful for every day.
- + Write one note of thanks every day. It can be a text, note or letter.
- + Come back next week and share about the gratitude you felt this week.

ACTION STEP

- + Write down 3 things you are thankful for every day.
- + Write one note of thanks every day. It can be a text, note or letter.
- + Come back next week and share about the gratitude you felt this week.