



The Attitude of Gratitude

Announcements

- **Starting Point** – Sunday, December 2 at 5:00 pm at all campuses. Starting Point is the first step toward getting involved at Church of the King by learning about the vision and mission of the church. Register at www.churchoftheking.com/register
- **Dream Team Orientation** -- Sunday, December 9th, 5:00 pm at all campuses. Help get your small group serving together by attending encouraging those in your group to attend *Dream Team Orientation*.

Warm-up

Look at the emoticons (smiley faces) on the graphic above and tell the group which one best describes how you are feeling right now. Why?

Today we are going to look at biblical reasons why God wants us to have the *attitude of gratitude*.

Word & Application

Our attitudes are the very things that directly impact the outcomes in our lives.

Read Ephesians 5:19-20 and 1 Thessalonians 5:16-18. These verses may sound like the Apostle Paul is talking about a church service (i.e. Psalms, hymns, songs, etc.), but he is actually referring to the importance of living our lives with an attitude of gratitude.

What are the challenges of living with an attitude of gratitude in ALL circumstances?

Three attitudes that can steal our gratitude are:

- 1) Pride – *“Nobody ever gave me anything, I worked hard for everything I have.”*
- 2) Critical/Complaining Spirit – *“The glass is half-empty.”*
- 3) Familiarity – *“I tend to take things for granted.”*

Which of these attitudes do you struggle with the most? Why? What can you do to begin to overcome this negative attitude?

3 Things we learn about Gratitude from the Bible:

1) Gratitude is to be expressed

Read Psalm 100:4 and 107:1. Do you tend to express your gratitude towards God, or withhold it?

Read Luke 17:11-19. What is significant about the man who returned to Jesus and gave thanks?

When Jesus told this man he was made whole, he was not just talking about a physical healing. He was also referring to a spiritual, mental and emotional healing. Our attitude of gratitude positions us to be made whole.

What are some practical ways you can express your gratitude towards God?

We can express our attitude towards God by:

- Spending time with Him.
- Serving in Church.
- Sharing our faith.
- Reaching out to hurting people.
- Giving to God.

2) Gratitude is expansive

As we strive to live a life of gratitude we will find our attitude of gratitude expands to all areas of our lives.

Read 2 Corinthians 12:7-10 and James 1:2-4. When we have the proper perspective we can give thanks in all circumstances.

How has God worked in you during a time of weakness? What can you do to develop your relationship with God during these difficult times?

3) Gratitude is impactful

Read 2 Corinthians 4:8-9, 17. Gratefulness is the mark of a growing and healthy Christian. According to these verses, what do you think keeps the Apostle Paul going?

Our attitude is one of the greatest ways we can impact and influence people. If we walk around ungrateful and complaining we will turn people off to Christ. If we live with an attitude of gratitude, it attracts and impacts those around us.

What can you do to take your attitude of gratitude past the holidays and into your everyday lifestyle?

Prayer

Pray for each person to be able to have God's heart for giving so others can be blessed. Also, take time to ask for specific prayer requests from those in your small group.