



The Benefits of Gratitude

WEEK 1 DISCUSSION GUIDE

OVERVIEW

In the first message of the series entitled, *Vertical: Living A Godward Life*, we will discuss the importance of gratitude.

DISCUSSION QUESTIONS

Each year, on Thanksgiving, we set aside a day to give thanks to God. Now, there is nothing wrong with taking a day to thank God, but the Scriptures encourage us to live every day with a continual attitude of gratitude.

Four Ways Gratitude Improves Our Lives

1. Gratitude reduces our stress.
2. Gratitude improves our health.
3. Gratitude protects us from negative emotions.
4. Gratitude sustains our relationships.

→ What are some things you are grateful for?

→ Looking at the four ways gratitude improves our lives, why do you think these statements are true?

→ Do you find yourself complaining or around someone who complains? What can you do to shift the conversation from complaining to being grateful?

In Luke 17:11-19, we see a powerful encounter with Jesus and learn how gratitude and thankfulness changes our lives for the better.

1. The Cry.

Ten lepers in a village cried to Jesus, who was passing through, for healing of their leprosy. Luke 17:13: *And they lifted up their voices and said, "Jesus, Master, have mercy on us!"* Because of their disease, these people were deemed spiritually unclean and were isolated from all their relationships.

→ Have you ever felt isolated or rejected in your relationships? How can Jesus comfort us in these times?

2. The Command.

Jesus heard the cries of the ten lepers and gave them a command instead of immediately healing them. Luke 17:14: *So when He saw them, He said to them, "Go, show yourselves to the priests." And so it was that as they went, they were cleansed.* God honored their obedience when they acted in faith and obeyed what God said.

→ Share a time when it took your obedience for God to move.

3. The Comeback.

Jesus healed ten lepers, yet only one went back to thank Him. Luke 17:15-19: *And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, "Were there not ten cleansed? But where are the nine? Were there not any found who returned to give glory to God except this foreigner?" And He said to him, "Arise, go your way. Your faith has made you well."*

→ Do you remember to thank God when He answers your prayer?

→ How can we show God our gratitude towards Him more often?

LIFE CHALLENGE

This week, spend time with the Lord, and thank Him for what He has done for you and for the prayers He has answered. Write down the things you are thankful for.

PRAYER REQUESTS & CLOSE IN PRAYER