

Connection

What is your favorite Thanksgiving food?

Content

Gratitude has the power to change lives. It's a game changer that can help interrupt addiction and can help us develop all the fruits of the Spirit. Gratitude naturally overflows when we are in a God-centered life.

Gratitude Towards God Impacts Our Relationships

- 1.** Read Colossians 3:12-17. How does the fruit of the Spirit help foster a grateful heart?
- 2.** In verse 15, Paul connects the peace of Christ with being thankful. How does experiencing Christ's peace enable us to have a spirit of gratitude?
- 3.** 1 John 4:19 says "We love because He first loved us." This verse highlights that God's love is the foundation of our ability to love. How does God's love inspire gratitude in your relationship with God and others in your life?
- 4.** Colossians 3:15 reminds us that we don't need to be "good enough" to get into heaven. The only way to heaven is through God's forgiveness by Christ's death on the cross. How does this give you peace in your life?

Gratitude Helps Me Focus On What I Have, Not On What I Don't Have

5. Read 1 Corinthians 13:4-5. How has having gratitude and love in your life changed you?

Gratitude Reminds Me Of What Matters Most: Relationships

6. Read Psalm 107:8-9. How does recognizing God's provision and satisfaction of our spiritual and physical needs, as described in these verses, encourage a heart of gratitude?

Gratitude Points Me Towards God, The Giver Of Every Good Gift

7. Read James 1:17. Gratitude and serving others go hand and hand. How have you shown gratitude to someone by serving them and what did it feel like?

Commitment

This week, remember "Gratitude SPEAKS."

Take a moment, pray and thank God for the relationships that He has blessed you with. Next take a moment, and tell someone "I am grateful for you."

Challenge Assignment:

Each day this week, read or listen to each chapter of Colossians 1-4 and reflect on what it means to live a life of gratitude.