

[PREPARED]

DEVELOPING A HEART OF GRATITUDE

Chris Calvert, Executive Pastor
December 28, 2014

Luke 17: 11-19

The Importance of Gratitude

- Ten lepers beg for healing (vs. 11-13)
- Jesus heals all ten (vs. 14)
- One returns to give thanks (vs. 15-19)

Five Paths to an Attitude of Gratitude

1. Reduce your sense of entitlement

Key: Develop the discipline of “noticing”

2. Learn to be grateful for imperfect gifts

3. Don't forget your difficult times

4. Express gratitude to others often and openly

Key: Thank others even before you feel it

5. Worship regularly – individually and together

Next Steps

- This week I will memorize 1 Thessalonians 5:18.
- I will take time to identify and thank God for at least 10 things that happened in 2014.
- I will participate in “Restart” Prayer Focus by going through the Prayer Stations January 4 – 8.



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Daily Devotional Plan – Great Prayers of the Old Testament

Day 1 – Abraham in Genesis 18:9-33

Day 2 – Jacob in Genesis 32:22-32

Day 3 – Moses in Exodus 32:9-14 & 31-32; 33:12-23

Day 4 – David in Psalm 51 (entire chapter)

Day 5 – Daniel in Daniel 9:1-19

Day 6 – Hannah in 1 Samuel 1:1-18

Day 7 – Job in Job 38:1-7; 40:1-5; 42:1-6

To go deeper: Answer the following questions on a separate piece of paper/journal/laptop/etc.:

- What did you hear? (*What did God say to you as you read the Scriptures for the day?*)
- What do you think? (*What does it mean to you, how does it apply to your life, and what difference will it make to you?*)
- What will you do? (*What action step will you take? How will you think differently? How will you live differently?*)
- Now talk to God (*Put your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute each day to write a prayer response to what you read in the Scriptures.*)

LIFEGROUP QUESTIONS

December 28, 2014

Bridge LifeGroups are **currently on winter break**. We will continue to provide a few questions each week that can be used for personal devotions and/or discussion starters for LifeGroups choosing to meet for a portion of the winter break.

Gratitude – *Luke 17:11-19*

Lesson Aim: To become more grateful toward God and others as we grow in our understanding of what it means to have a thankful heart.

Prayer: Start your time together by asking the Holy Spirit to lead your discussion.

Icebreaker: Describe a time when you were significantly appreciated. How did it make you feel?

1. What are some reasons it is sometimes (or often) difficult to be more thankful to God? Toward others?
2. **Read Luke 17:11-19.** What was it like to be a leper in New Testament times? What would this healing mean for these ten lepers?
3. As one of the nine, how would you rationalize not going back to Jesus to say thanks?
4. As you reflect on this past year, what is something specific that you are thankful to God for?
5. **Read Philippians 4:6-7.** What are some sources of anxiety in your life right now? Along with praying for change, relief and strength to persevere; can you think of some ways you can actually thank God for these sources of anxiety? How so and why?

Close in prayer. This week, focus on thanking God for Who He is and what He's done in your life.