



Gratitude Adjustment

MON 11/22

- ✓ SCRIPTURE Psalm 7:17
- ✓ THOUGHT God is worthy! "I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High." [NIV] God is worthy of our thanks and praise simply because of who God is. God is love, goodness, gracious, power, holiness, righteousness...the list goes on! This week, spend some time praising God for these qualities.
- ✓ PRAYER God, as I approach this Thanksgiving holiday, help me to stay focused on who you are. So often, I begin to focus on my circumstances, but I know you are worthy of praise regardless of what is happening around me. Amen.

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TUES 11/23

- ✓ SCRIPTURE Colossians 2:6-7
- ✓ THOUGHT Center your life on Christ. "So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." [NIV] As we keep our faith in Jesus at the center of who we are, building our lives around him, we are reminded of his sacrificial love for us. This is what drives our thankfulness!
- ✓ PRAYER Lord Jesus, be the center of my life. When I begin to wander away from your love, bring me back to a place of gratitude for your enduring love. Amen.

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WED 11/24

- ✓ SCRIPTURE Hebrews 13:15-16
- ✓ THOUGHT Praise leads us to do good. "Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name. And don't forget to do good and to share with those in need. These are the sacrifices that please God." [NLT] When we are truly grateful, we will show that by doing what pleases God. God wants us to take care of each other!
- ✓ PRAYER God, show me how I can be a blessing to others this week. I know that pleases you and that is what I want my life to be about. Amen.

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THURS 11/25

- ✓ SCRIPTURE 2 Corinthians 4:15
- ✓ THOUGHT Grace is everything! "All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God." [NIV] We are able to be a source of grace for the people in our lives. What a gift! Thanksgiving abounds where there is grace. Who can you offer grace to today?
- ✓ PRAYER God, help me receive your grace daily so that I have plenty to share with those around me. Thank you for the gift of closeness with you despite my weaknesses. Amen.

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FRI 11/26

- ✓ SCRIPTURE James 1:17
- ✓ THOUGHT God is the source of good things. "Every good gift, every perfect gift, comes from above. These gifts come down from the Father, the creator of the heavenly lights, in whose character there is no change at all." [CEB] God's nature doesn't change or shift with circumstances. We can always praise God for the goodness that is present all around us.
- ✓ PRAYER God, I am so grateful that I can count on you no matter what. Open my eyes to see the good things in my life. Increase my awareness of your wonderful love at work in the world. Amen.

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SAT 11/27

- ✓ SCRIPTURE Psalm 23:5-6
- ✓ THOUGHT God's love is unfailing. "You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever." [NLT] A day won't go by that we aren't loved by God. God's love pursues us, and we are meant to fully experience his goodness.
- ✓ PRAYER God, fill my life with your goodness. I praise you for who you are. Help me to see the world through your eyes and show others the kind of love you show me. Amen.

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GROUP GUIDE

- ✓ **PRAYER** **God, we acknowledge that you are already here. May our hearts be open to your presence and direction. Amen.**
- ✓ **BIG IDEA** **Gratitude takes effort. We must slow down and spend time considering all that we have to be grateful for, and then intentionally find ways to show it to God and others by the way we live.**
- ✓ **READ** **Luke 17:11-19**
- ✓ **DISCUSS**
 - Think of a modern-day equivalent to leprosy. Whom do we ostracize or exclude most in our community? In the lepers' time of desperate need, how did they respond to Jesus?
 - When good things happen in your life, would you say you take time to truly enjoy and appreciate them, or do you find yourself quickly moving on to the next thing you want or need?
 - One out of ten returned to thank Jesus for his healing. Do you think that percentage reflects our general population when it comes to living a life of gratitude? When you think about the people in your life, who demonstrates an attitude of gratitude most often? Would you make that list?
 - In verses 15-19 we read, "One of them, when he saw that he had been healed, returned and praised God with a loud voice. He fell on his face at Jesus' feet and thanked him. He was a Samaritan. Jesus replied, 'Weren't ten cleansed? Where are the other nine? No one returned to praise God except this foreigner?' Then Jesus said to him, 'Get up and go. Your faith has healed you.'" [CEB] Why do you think it was pointed out that the one who came back to give praise to God was a Samaritan?
 - Discuss the relationship between gratitude and contentment. What are some ways you can foster these attitudes in your life? Discuss some practical steps.
- ✓ **Pray** **Gracious God, your blessings are so numerous and we are sorry that we don't always respond with gratitude. Help us to grow in that area, becoming people who recognize our deep need for you. Help us to remember to give you praise for your goodness with the way that we live each day. Amen.**