

TALK IT OVER

Main Ideas

Choosing gratitude first aligns everything else that follows.

Key Scripture

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18

We all want to be grateful, but so often we wait for the events of our life to give us a reason.

God is our love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

This is true, unchanging and immovable.

Living in that is my choice. Every single day.

How do I live with true gratitude?

1. **Align with the Truth.**

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.
Galatians 5:22

2. **Speak out your thanksgiving like you mean it.**

Shout with joy to the LORD, all the earth! Worship the LORD with gladness. Come before him, singing with joy. Acknowledge that the LORD is God! He made us, and we are his.
Psalm 100:1-3

3. **Remember a hurting world is watching.**

Worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. 1 Peter 3:15

Start talking.

- Who are the people in your life that always seem grateful?
- What traits do you see in those people as they encounter trials in their lives?

Start thinking.

- Read 1 Thessalonians 5:18 and Galatians 5:22. What do these verses say, and how do they reveal God's character?
- The truths of these scripture are unchanging and immovable. In those two verses, what specific words stand out to you as meaningful or significant?

Start sharing.

- "When thanks to God becomes your habit, joy in God becomes your life." - Ann Voskamp Are you quick to be thankful or critical? Grateful or anxious? How has the behavior become a habit?
- Is it difficult to be grateful first in this season? Why?
- Who could be influenced by your gratitude? Who is watching your life to see how you handle difficulties?

Start doing.

- Be intentional about saying "thank you" more.
- Watch for the hurting people God puts in your life and be intentional about pointing them to Jesus.

Closing prayer.

Jesus, thank you for who you are in my life, and all that you have done. Give me eyes to see both of those things in my every day life. Give me more of a grateful heart, help me to be thankful first in my life. I will decide today to speak out my gratitude like I actually mean it, because I have so much to be thankful for. Help me also see the people around me who are hurting and in need of hope, and help me to be ready to explain the hope that I have in you. Amen.