

Finding Gratitude when the walls fall apart. Nehemiah 8: 1-12

Physical restoration and spiritual restoration go hand in hand.

Understanding leads to Joy. Nehemiah 8: 10-12

Gratitude:

It's a decision and an action.

Philippians 4:4-7; Colossians 3:17

It's an act of humility.

Deuteronomy 8:11-17

It draws us closer to God.

Luke 17:12 & 16; Psalms 100:4; James 4:7-10; Romans 1:21

It's God's will.

1 Thessalonians 5:18; Ephesians 5:19

Putting it into practice, it starts at the table. Matthew 26:26-29

Food for thought

For week of November 22, 2015

Turn a message into a conversation. Review the questions below. Join with a friend to deepen your understanding.

God has designed us so that we best operate from a perspective of thankfulness. Our foundation of thankfulness best flows from knowing and remembering the benefits we receive from God. Read Psalms 103:1-19 and write down the benefits we receive from God that can result in our thankfulness.

We've all found ourselves, at some point, falling into the trap of not showing gratitude. Read Luke 17:11-14. Which of the following gratitude roadblocks could most likely become a barrier for you?

- Not realizing all I have been given
- Taking for granted what I know I have
- Chip on my shoulder / Holding a grudge
- Not being where I want to be in life
- Not getting what I ask for
- I deserve it
- God still hasn't answered my prayers
- No one thanked me
- Taking the time to say thank you
- Other

0 to 60 in Gratitude - In 60 seconds write as fast as you can the things you're thankful for in the following three categories:

Relationships

Who God is

Material Possessions / Resources