



The Transformative Power of Gratitude

WORSHIP (15 MINS) **10-13-2024**

Venue: Home gatherings

Sing one or two songs or play a song from You Tube.

Venue: Public place (school, café, park, etc.) or **Via Online**,

Testimonies: **“What is your “high” or “your “low” this past week?”**

Ask someone to do the opening prayer:

WELCOME (15 MINS)

Welcome guests/first-time visitors.

Memory Verse for the week: **“Be thankful in all circumstances, for this is**

God’s will for you who belong to Christ Jesus.” 1 Thessalonians 5:18

Quote: **“Gratitude is the healthiest of all human emotions.”** Zig Ziglar

WORD(30-45 MINS) Text:1 Thess.5:16-18NIV

Intro: Every day, it's essential to reflect and ponder on the profound and powerful impact gratitude can have on our lives. To cultivate a grateful heart, we must recognize God's unwavering goodness and faithfulness, even in challenging circumstances. Choosing gratitude is a deliberate act, a choice we make daily. Here are four things about being grateful.

Main Text: Read Philippians 4:8

1. A grateful person pleases God

a.God Values Gratitude! God is pleased when we are grateful!

Expressing gratitude and being thankful is pleasing to God. A grateful heart acknowledges His grace, love, and provision. Jesus highlighted this when one of the ten healed lepers returned to thank Him while the nine others didn't bother to go back and thank Him (Luke 17:12-18), demonstrating the importance of recognizing God's blessings.

Q: Can you recall a time when expressing gratitude brought you closer to God? How did it impact your faith?

Q: Why do you think gratitude is important to God, as seen in Jesus' reaction to the healed leper who returned to thank Him?

2. A grateful person focuses more on their blessings than what they lack –

A grateful person focuses on the positive aspects of life, appreciating what they have rather than focusing on what they lack. A perspective that highlights contentment, resilience, and inner peace amidst difficulties.

“Every morning, I find ten things to be grateful for before my feet hit the ground. These things don't cost money. And if I am feeling stressed I go over my gratitude list through out the day. Because gratitude reduces stress.” Denzel W.

Q: How has focusing on your blessings rather than your needs affected your outlook on life?

Q: Whenever you're tempted to focus on what you lack, what helps you focus to a perspective of gratitude?

3. A grateful person sees past the circumstance

“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.” 1 Thess. 5:16-18 NLT

When someone is genuinely grateful, they can look beyond their immediate difficulties or challenges. Instead of focusing solely on their problems, a person with a heart full of gratitude recognizes the bigger picture, acknowledging the blessings, opportunities, and lessons present, even in tough situations. As followers of Christ, He continually guides us to victory. So be grateful.

Q: Can you share an experience where gratitude helped you see beyond a challenging situation?

Q: What practices help you maintain gratitude and see the “bigger picture” during difficult times?

Leader’s Tips:

- S – Sensitivity. No one should feel left out.
- P – Participation is encouraged.
- A – Acknowledge. Make guests feel welcomed.
- C – Confidentiality.What is shared stays in the group.
- E – Encouragement. Be a blessing to one another.

4. A grateful person is a happy person –

The statement **“Gratitude Leads to True Happiness”** highlights the deep connection between gratitude and happiness.

Gratitude shifts our focus from what is lacking to what we have, focusing on contentment and the goodness of God. Grateful individuals often exhibit greater resilience, shifting their focus from negative to positive experiences, which strengthens their emotional capacity to handle adversity.

Research has shown that grateful people tend to experience greater emotional resilience, less stress, and more satisfaction, all contributing to a happier life. In essence, gratitude nurtures happiness by encouraging a positive perspective on life, regardless of challenges or setbacks.

Q: How has gratitude brought a sense of happiness or contentment to your life?

Q: Do you feel that gratitude has increased your resilience and ability to handle stress? How is that so?

Practical Benefits of Gratitude:

1. Improved Sleep Quality
- 2.Strengthened Social Bonds
3. Develops better relationship and friendship

Reflection: John D. Rockefeller, once the richest man in the world, discovered the emptiness of trying to win the outer game. He said, **“The poorest man I know is the man who has nothing but money.”**

Conclusion: When people think of power and happiness, many often associate these concepts with material wealth and/or control over others. However, they overlook the truth that real power and lasting happiness stem from the state of one's inner life. True contentment and strength come not from external circumstances but from inner peace, self-awareness, and a mindset rooted in gratitude and purpose.

Q: What's your take away from this lesson?

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WORK: The Challenge (15 mins.)

P- Pray for one another. Ask *“what can I pray for you?”*

R- Remind to invite a friend on the next gathering.

A- Apply the message during the week.

Y- Yearn to share your faith with someone during the week.