



### PART 3: A NEW SEASON FOR GRATITUDE

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#### **Sermon Notes**

**Text: 1 Thessalonians 5:16-18**

#### **Intro:**

Life has both good and bad happening simultaneously, but often we focus too much on the hard things

1 Thessalonians 5:16-18

*Joy is possible no matter the circumstances*

Philippians 4:11-13

2 Corinthians 6:10; Nehemiah 8:10

*Celebrate what we have rather than focus on what we lack*

*The path to joy is through prayer*

Philippians 4:6

“Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” - Harvard Study Summary

Philippians 4:8

#### **Conclusion:**

The true victories in life are won by Christians who are joyful, prayerful, and thankful. What are you grateful for in your life?

## Life Group Discussion

### Warm up:

1. Which season is your favourite? What do you love/hate about Fall? Do you see Fall as a time for a fresh start?

### Study & Discussion:

1. Read 1 Thessalonians 5:16-18. What does it mean that this is God's will for your life in Jesus? *How* do you practice these three things (joy, prayer, and thanksgiving) in your life?
2. Read Philippians 4:11-13. Do you consider yourself a content person? How do we learn to be more content? What are some ways that we could practice becoming more content?
3. What do you think of the results of the Harvard study on gratitude? Which of the positive results of gratitude do you find to be the most compelling and why?
4. Share a time when someone else's gratitude towards you has really meant something to you. Share a story of a time when your gratitude towards someone else had a positive impact on them.

### Application:

1. Talk to someone close to you (or talk in your group) about what you are grateful for in your life. Take some time this week to thank God in prayer for the blessings he has given you. Take some time this week to express gratitude to those around you either with a few words, or a card. What is a way that celebrating what God has given in your life with gratitude can be incorporated into your habits?

Suggested ideas (scale the intensity appropriate to your current capacity):

- a) Write a list of things you are grateful for in your life - then thank God for them
- b) Write a note of appreciation to someone (or more)
- c) Try to express gratitude at least once or twice a day

What other suggestions do you have?