

When You Don't Feel Grateful

Gratitude is not an _____. It is a _____.

1 Chron. 16:34; Ps. 95:2; 100:4; 106:1; 107:1; 118:1, 29; 136:1; Eph. 5:20;
Philippians 4:4, 6; Colossians 2:6–7; 3:15–17; 4:2; 1 Thessalonians 5:18

Why choose gratitude when we don't feel grateful?

➤ Because _____

_____. 1 Thessalonians 5:18; Romans 12:2; Luke 11:28

➤ Because _____

_____. Ephesians 5:18–20; Galatians 5:22–23

➤ Because _____

_____. Philippians 4:4, 6–7

_____ produces _____.

Transformed by the Truth

Questions for Reflection & Discussion

1. Where is your “happiness needle” right now (0= 😞, 10= 😊)? Why?
2. Read 1 Chronicles 16:34 and Colossians 3:15–17. Do you think it is right or wrong to express gratitude to God when you don't feel grateful? Why?
3. Read 1 Thessalonians 5:17 and Romans 12:2. What is something negative in your life that you have never thanked God for? What do you think might happen if you chose to begin thanking Him for that?
4. Read Ephesians 5:18–20 and Galatians 5:22–23. What is the relationship between gratitude and joy? Which comes first?
5. Read Philippians 4:6–7. What are you most anxious about right now? Take time to pray about that anxiety—with thanksgiving.