



The Grace of Gratitude | Andrew Matrone | 7.12.20  
Weekly Study

START

To get things started, go around the circle and answer the following question:

**Are you more of a morning or evening person? Have you always been that way?**

SHARE

Welcome back to Group. This week, Andrew Matrone preached a sermon called The Grace of Gratitude. But before we jump in, take some time to check in with your Group by having everyone answer these questions:

**Describe how you are currently feeling with one word. Why did you pick that word?**

**What was the most challenging part of your week?**

**What is the best thing that happened to you this week?**

**What do you feel like God is currently teaching you?**

GROW

**Read Luke 17:11-19**

**What are your initial thoughts on this story?**

**Which character in this story do you relate to most?**

**Why do you think the other nine men did not return to say thank you?**

The short story you just read is a fantastic reminder of the power of gratitude. Ten men with leprosy called out to Jesus, asking Him to heal them. All ten are healed, but only one of them returns to Jesus to say thank you. Jesus tells him to, "Rise and go; your faith has made you well" (Luke 17:19).

Although all ten of them received healing for their leprosy, only the thankful one got to hear these words from Jesus. Jesus made all of them well, but he empowered the grateful one with the faith he will need to continue conquering future challenges.

That is an excellent picture of the power of gratitude. Something begins to change in our soul when we start praising God. When we learn to acknowledge our blessings instead of dwell on the challenges we face, we feel empowered to keep moving forward. As Andrew reminded us this week, "gratitude is one of the greatest weapons a believer has in their arsenal. It helps us combat discontentment, discouragement, anxiety, hopelessness, and anger."

Gratitude takes what you have, and it makes it enough!

**Does gratitude come easy to you? Would you consider yourself a thankful person?**

**What is the most challenging part of staying thankful?**

**What is one practical step you can take to be a more thankful person this week?**

M O V E

**Read 1 Thessalonians 5:12-28**

**What verse stuck out to you from this passage?**

**What do you think it means to "rejoice always" and "pray continually"?**

Paul ends his first letter to the church in Thessalonica with a bang. Verses 16-18 alone are powerful enough to change the trajectory of our lives. Let's reread it:

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

When we start with praise, we rarely even remember our problems. However, when we start with our problems, it's difficult to even get to the praise. So, Paul reminds us to never stop praising God. Giving thanks in all circumstances is way easier said than done. But Paul was the type of person who was practicing what he preached. Although he had a difficult life, he never stopped thanking and praising God along the way. His gratitude kept him going through some very dark moments.

The truth is, every good thing you have in your life is a gift from God. Yes, you worked hard to build your business or raise your family, but God is the one who gave you the mind and the breath in your lungs in the first place. It's easy to forget that, especially when things get busy. But gratitude is how we turn our attention back to our Creator. When we do that, God empowers us to continue moving forward, no matter what mountains stand in our way.

Let's practice gratitude together this week by completing the following take-home assignment!

#### **Take-Home Assignment: Gratitude List**

**These days it can be challenging to remain thankful, so let's combat that by making a gratitude list!**

**Write down five things you are thankful for every morning this week. Every evening go back and read all the things you have written down from the week and spend a few minutes thanking God for all the gifts He has given you!**

**God, today I am thankful for:**

**1.**

**2.**

**3.**

**4.**

5.

P R A Y

We need prayer now more than ever. Spend some time sharing prayer requests. If you are in a coed group, consider breaking off into two separate calls to share more freely.

T O G O

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. - Philippians 4:6*