



Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless.

James 1:17, 22-26  
NRSV

## “Heart Matters”

October 5, 2018

“It is only with gratitude that life becomes rich.” -Dietrich Bonhoeffer

- \_\_\_\_\_% of Americans said they felt “strongly thankful” in the last week.
- “Social desirably \_\_\_\_\_” is when we answer a question in a way that makes us look good or matches who we aspire to be.
- Maybe we want to be more \_\_\_\_\_, we just don’t know how.
- Gratitude is an \_\_\_\_\_, not an \_\_\_\_\_.
- \_\_\_\_\_ is our natural or inherent response to external events.
- \_\_\_\_\_ is *quid pro quo*, or “something for something.”

“The manger scene was not a gift exchange.”

-Diana Butler Bass

- We don’t \_\_\_\_\_ grateful because we don’t \_\_\_\_\_ what to be grateful for.

### Two Kinds of Gratitude

- The first is “\_\_\_\_\_” expressing thanks to family, friends, & neighbors.

A study by the University of Georgia found that couples who are \_\_\_\_\_ during good times are buffered during the bad times.

- The second is how “\_\_\_\_\_” live together in and with gratitude.

-In our gratitude we become \_\_\_\_\_ of our interdependence.

-We are all recipients of gifts we did not \_\_\_\_\_ nor even \_\_\_\_\_.

### A Matter of the Heart

“Blessed are the poor in spirit, for \_\_\_\_\_ is the kingdom of heaven.”

Matthew 5:1-11

- As \_\_\_\_\_ of the grace, we are invited to live grace-filled lives.

- Parable of the \_\_\_\_\_ Servant. (Matthew 18:21-35)

- Grace-filled lives are the result of an abundance of \_\_\_\_\_.

“God is able to provide you with every blessing in abundance...

so that you may share abundantly in every \_\_\_\_\_ work.”

2 Corinthians 9:6-8

- God’s gifts are not only for us but also for the \_\_\_\_\_ around us.

“Religion that is pure and undefiled before God, the Father, is this: to

care for \_\_\_\_\_ and \_\_\_\_\_ in their distress...”

James 1:26-27

### Action Steps

- How do \_\_\_\_\_ live as thankful people in a society of \_\_\_\_\_?

- Write a note to God thanking the Lord for “the deep ability to embrace the gift of \_\_\_\_\_.” Psalm 139:13-14