



Rejoice always, pray without ceasing,
 give thanks in all circumstances;
 for this is the will of God
 in Christ Jesus for you.
 Do not quench the Spirit.

1 Thessalonians 5:16-19
 NRSV

“Intentional Gratitude”

October 12, 2018

Duke University found that more than ____% of actions people perform each day weren't actual decisions, but habits.

- Gratitude can be an intentional _____ with the power to change our lives.
- Why? _____ begets more _____.

“The real power of habit is the insight that your habits are what you _____ them to be.”

-Charles Duhigg in *Power of Habit*

Creating a Habit of Gratitude

1. _____ – Live simply. (Richard Foster in *Celebration of Discipline*)

- Be aware that blessings are a _____ from God.
- See things for their _____ rather than their _____.
- Develop a habit of _____.
- Shun what _____ you from seeking first the Kingdom of God.

“You cannot serve God and _____.”

Matthew 6:24-25

2. _____ – Create a gratitude _____.

- Write down _____ thing you are thankful for each day.

-[Extra credit: Google “_____” and practice it.]

- This will not be _____.

“I do not understand my own _____.

For I do not do what I want, but I do the very thing I hate.”

Romans 7:15

- Paul knew that we cannot do this _____.

*“To set the mind on the flesh is death,
 but to set the mind on the Spirit is life and peace.*

Romans 8:5-6

- The best way to change a habit is by _____ ahead of time.

3. _____ – Be able to say honestly...

“Rejoice always, pray without ceasing and give thanks in all circumstances...”

1 Thessalonians 5:16-19

You can't be _____ and be thankful at the same time.

Action Steps

- Awareness – Take a step toward living _____.
- Action – Create a gratitude _____.
- Reward – Give thanks _____ all circumstances.