



Be cheerful no matter what;
 pray all the time;
 thank God no matter what happens.

This is the way God wants you
 who belong to Christ Jesus to live.

Don't suppress the Spirit...

1 Thessalonians 5:16-19

“Intentional Gratitude”

October 14, 2018

Last Week: Gratitude is a matter of the _____ or spirit.
 Gratitude is not a transaction but a free response to a gift.

This Week: How? 1 Thessalonians 5:15-19

1. Limit and heal _____ emotions: fear, envy, greed, anger, entitlement, resentment, shame, and regret. They _____ gratitude. We rejoice _____, pray, and give thanks **in** all circumstances.

2. Make gratitude a _____.

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

3. Set gratitude _____ with cues: upon waking, meals, etc.

4. Write down _____ thing you are thankful for: _____.



Gratitude involves not only what we feel, but also what we do.

Gratitude now and in the future arises from practice. @Diana Butler-Bass

Skills Needed for Grateful Living

1. _____ when a kindness is done or a benefit is received.
2. Returning the gift of _____ (note, word, embrace) to the giver.
3. _____ benefits with others as we are able.

The Christian Tradition: The Divine Office or Daily Office

Morning: Ancient wisdom, the first words of each day should be thanks.

Noon: Provides a re-set or _____ on the day toward gratefulness.

Evening: Grace over a _____ with family, friends, community.

Night: _____ of the day (*examen*) in five steps of gratefulness.

1. Become _____ of God's presence.
2. Review the day with gratitude.
3. Pay attention to your _____.
4. Choose one feature of the day and _____ from it.
5. Look toward _____.

The Bible Teaching: Romans 8:5-6 and Matthew 6:19-34

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

Action Steps: Say thank you to someone who holds _____.

Engage the _____ more graciously.

Build _____ into the foundation of our future lives.