



We tend to think gratitude is an inadequate response to our circumstances, but that's far from the truth. Being thankful is one of the most powerful expressions of spiritual authority that we can demonstrate. When we let that truth take deeper root in our hearts, it will change our lives. This lesson encourages us to practice gratitude with more enthusiasm and persistence than ever before. It's an invitation to purposely, regularly, and frequently give thanks to the Lord throughout our daily lives—in the easy and peaceful times, and during the seasons when we have difficulties and challenges. Christ-followers are children of the King, and God's Spirit within us can bring peace to us, no matter our circumstances. When we are thankful, it opens the door for His peace—and our response to His peace is continual gratitude to our faithful God. Let's practice giving thanks!

I. LET US BE THANKFUL

A. Thankfulness & Grace

Hebrews 12:28 *Therefore, since we are receiving a kingdom that cannot be shaken, **let us be thankful**, and so worship God acceptably with reverence and awe.*

Hebrews 12:28 (NKJV®) *Therefore, since we are receiving a kingdom which cannot be shaken, **let us have grace**, by which we may serve God acceptably with reverence and godly fear.*

B. Instructions to the Church

1. Peace in Our Hearts & Thankfulness

Colossians 3:15, 17 (NKJV®) ¹⁵ *And let the peace of God rule in your hearts, to which also you were called in one body; and **be thankful**...* ¹⁷ *And whatever you do in word or deed, do all in the name of the Lord Jesus, **giving thanks to God the Father through Him.***

2. Expressing Thanks—God's will

1 Thessalonians 5:16-18 (NKJV®) ¹⁶ *Rejoice always,* ¹⁷ *pray without ceasing,* ¹⁸ ***in everything give thanks; for this is the will of God in Christ Jesus for you.***

Pray this simple prayer: God, I give You glory today for being a faithful God. I want to honor You and walk uprightly before You. I choose You today. I want the things I think about and the things I do to be pleasing in Your sight. Amen.

3. Thankfulness Dispels Anxiety

Philippians 4:6 *Do not be anxious about anything, but in everything, by prayer and petition, **with thanksgiving**, present your requests to God.*

Share a personal experience where you felt deeply thankful. What triggered your gratitude, and how did you express it?

II. FUNCTIONS OF THANKFULNESS

A. Thankfulness Provides Access to God

Psalms 100:1-5 ¹ *Shout for joy to the LORD, all the earth.* ² *Worship the LORD with gladness; come before him with joyful songs.* ³ *Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.* ⁴ ***Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.*** ⁵ *For the LORD is good and his love endures forever; his faithfulness continues through all generations.*

Keep a list: The Lord is good, and you could spend all day thanking God for His goodness. Start keeping a list of the ways you see God's goodness. Your first few entries might be difficult, but it's worth persevering. Tell the Lord, "I want to thank You for Your goodness. Please help me." You will be amazed at the breakthroughs that happen, leading you to a thankful heart.

B. Thankfulness Unlocks the Supernatural Power of God

John 11:41 (at Lazarus' tomb) *So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me."*

Exodus 15:24–25 ²⁴ *So the people grumbled against Moses, saying, "What are we to drink?"* ²⁵ *Then Moses cried out to the Lord, and the Lord showed him a piece of wood. He threw it into the water, and the water became sweet.*

What are some daily habits or practices that can help you cultivate thankfulness? Share some ways you can make gratitude a regular part of your life.

Practice thankfulness: Gratitude isn't connected to circumstances—God's peace can dwell in our hearts, no matter what we face. In all things, we can choose to be thankful because we have a God who loves us, and we can trust Him with our lives.

III. THE REFUSAL TO GIVE THANKS—UNTHANKFULNESS

A. Incremental Decline

Romans 1:21 *For although they knew God, they neither glorified him as God **nor gave thanks to him**, but their thinking became futile and their foolish hearts were darkened.*

2 Timothy 3:1-2 ¹ *But mark this: There will be terrible times in the last days.* ² *People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, **ungrateful**, unholy. ...*

How can focusing on God's goodness and faithfulness help us overcome unthankfulness? What are some ways we can remind ourselves of His goodness?

B. Actively "Unthankful"

1 Corinthians 10:6-10 ⁶ *Now these things occurred as examples to keep us from setting our hearts on evil things as they did.* ⁷ *Do not be idolaters, as some of them were; as it is written: "The people sat down to eat and drink and got up to indulge in pagan revelry."* ⁸ *We should not commit sexual immorality, as some of them did--and in one day twenty-three thousand of them died.* ⁹ *We should not test the Lord, as some of them did--and were killed by snakes.* ¹⁰ ***And do not grumble**, as some of them did--and were killed by the destroying angel.*

How does realizing God placed "grumbling" in the same list of evils as idolaters, sexually immorality, and testing the Lord, change your perspective on complaining? Share practical ways you can help encourage others to overcome grumbling.

C. The Refusal to Be Thankful

Symptoms of Ingratitude: Laziness, Complaining, Unsatisfied, and Entitled

Proverbs 26:16 *The sluggard is wiser in his own eyes than seven men who answer discreetly.*

Proverbs 26:12 *Do you see a man wise in his own eyes? There is more hope for a fool than for him.*

How can focusing on gratitude help us overcome entitlement?

PRAYER

Psalms 107:1-2, 8-9 ¹ *Give thanks to the LORD, for he is good; his love endures forever.* ² *Let the redeemed of the LORD say this-- those he redeemed from the hand of the foe ...* ⁸ *Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men,* ⁹ *for he satisfies the thirsty and fills the hungry with good things.*

I will give thanks to the Lord, His love endures forever.

The Lord has redeemed me from the hand of the enemy.

I will give thanks to the Lord for His unfailing love and His wonderful deeds in the earth.

God has satisfied my thirst and filled my life with good things.