



## Thankfulness

### Why it Matters if We're Thankful

11-28-18

With the Holidays approaching, we can easily get edgy over so many things. Time is an issue, finances can be an issue, expectations, rest, travel, meals; the list goes on and on. Without even knowing it, stress, anger, expectation, fatigue can all seemingly catch up with us at the same time. In the season we are reminded to be thankful, we get anything but.

Thankfulness issues in the Bible:

1. It's not uncommon to be thankful, but let it go unspoken. Luke 17:11-19
2. Were taught to be thankful even in tough times Ephesians 4:6
3. It's easy to focus on the negative and forget to be thankful Ephesians 5:3-4

Reasons we forget to be thankful:

1. We forget how perfectly amazing God is

2. We forget how utterly sinful we are
3. We have a faulty perspective on life
4. We're selfish
5. We're overly critical
6. We're impatient
7. We're unloving
8. We're rebellious
9. We're jealous
10. We're not redeemed

#### You're Assignment

1. Write down 10 things you are thankful for.
2. Figure out a way to tell the people you are thankful for everyday thru the Christmas Season.

**Questions:**

Why do you think thankfulness matters?

Why do you think God commands us to be thankful?

What does gratitude, or lack of, say about us

Are there things in our lives that inhibit us from being thankful? What are the risks of not being thankful?

What can I do to change my attitude?

What does a lack of thankfulness do to my relationships? (even with God) What are you thankful for?