

## THANKFULNESS AND GRATITUDE

Luke 17:11-19

1 Corinthians 10:16-17

Philippians 4:4-9

Colossians 2:6-7

### Awareness

Before listening, reflect:

- When do you find yourself feeling thankful or grateful? Why?
- What does it mean to take something for granted?

Many of us understand that it is good to be grateful and to express thankfulness, but the Apostle Paul argues that thankfulness and gratitude are virtues. He says they are virtues that all followers of Christ should exhibit. Join Groundwork in examining Scripture to help us understand why these virtues are so important in the life of a Christian, how they connect to grace, and how we can nurture and give expression to these essential virtues in our lives.

**Listen:** [\*Thankfulness and Gratitude\*](#)

### Reflection

After listening, consider:

- In segment 1, hosts Scott Hozzee and Darrell Delaney discussed how easy it is for us to forget to thank God for each of our answered prayers. Can you identify any unexpressed gratitude in your life?
- Do you find it comforting that regularly entering into God's presence with general praise and thanksgiving for everything God has done (like we see exhibited in many psalms) is also an acceptable way to thank God for what he has done in your life? Why or why not?
- How do you explain what Scott meant in his phrase "a posture of abiding thanksgiving"? How does that posture connect to the way we "marinate in God's grace"?
- In segment 3, Darrell and Scott studied Philippians 4:4-9 and drew out several ways we can nurture a posture of gratitude in our lives: 1) live a life of rejoicing, 2) in prayer, present your petitions or requests with thanksgiving—either anticipatory thanksgiving or retrospective thanksgiving, and 3) focus on the positive, accentuate what is true, noble, right, pure, lovely, admirable, and praiseworthy. Which of these ways resonated with you as something you could lean into to nurture thankfulness and gratitude in your own life?

### Related Passages

- **Psalm 69:30**
- **Psalm 95:2**
- **Psalm 100:4**
- **Romans 5:1-9**
- **Deuteronomy 8:10-18**

## **Conclusion**

Recall Barbara Brown Taylor's image of a multi-tiered fountain from the end of the episode. Think also of the examples that Darrell and Scott shared of ways we can help each other nurture postures of thankfulness and gratitude (like intentionally reflecting on the day with a loved one to find things to be grateful for or a family prayer shoebox that can be revisited to recall answers to prayer). Then consider:

- Based on the places and people you interact with regularly, to whom can your fountain naturally overflow? How might your gratefulness to God overflow and benefit them?
- With whom could you practice thankfulness?
- How can you start nurturing a long memory of God's grace in your life?

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<https://groundworkonline.com/episodes/thankfulness-and-gratitude>

*Printed on May 16, 2024*