

Thankfulness and Gratitude

Why are thanksgiving and gratitude important virtues for Jesus' followers to cultivate? Join *Groundwork* as we explore the Scriptures to answer this question by defining thankfulness and gratitude and what it looks like to give expression to these essential virtues in our lives. Together, we'll look at the connection between grace and thanks and ways we can nurture thankfulness and gratitude in our thoughts, prayers, and actions.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

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



LISTEN TO THE EPISODE: [Thankfulness and Gratitude](#)

READ [Luke 17:11-19](#), [1 Corinthians 10:16-17](#), [Philippians 4:4-9](#), [Colossians 2:6-7](#)

REFLECTION After listening, consider the following questions:

- In segment 1, hosts Scott Hoeszee 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 for further study

[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?

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

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