

Personal Application and Conversations

1. How do you respond to gratitude when people say thank you to you?
2. What are you doing to nourish an attitude of gratitude?
3. We talked about broadening our awareness of how our lives have been blessed. How does such a perspective work to shape your personal expressions of gratitude?
4. Talk about difficult circumstances when you actually gave thanks to God (in light of 5:16-18).
5. Thoughtfully list 10 things for which you are thankful and then do something about it.



In Everything Give Thanks

1 Thessalonians 5:16-18

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What do you think keeps us from showing gratitude? What do you say when someone thanks you for an act of service or kindness? Ingratitude may reflect our self-absorption, selfish expectations, an attitude of entitlement, or apathy toward God and others. An attitude of gratitude reflects our grasp of the goodness, grace, and faithfulness of God. It is freshly aware that while God owes us nothing, He loves us. It springs from the gaze of the soul in worship, meditation, and the delight we take in Him. It comes from the lips and pens of those who have been captured by the fullness of God in Christ, our Lord and Savior. It resonates in humility and recognition; look what God is doing before our very eyes.

Be joyful always

Pray continually

Give thanks in all circumstances

- ***Nourish -***
- ***Take time -***
- ***Broaden -***
- ***Go deep -***
- ***Let gratitude frame -***