

Lord, Change My Attitude to Thankfulness

19 July 2009



Three points from Luke 17: 11-19

1. Thanklessness is not new.
2. It took faith with obedience to be cleansed.
3. Jesus notices those who are ungrateful.

Three levels of gratitude:

- Level 1 - elementary/primary school
Hebrews 13:15
- Level 2 - high school/secondary school
1 Thessalonians 5:18
- Level 3 - graduate
Ephesians 5:20

Three points of victory:

1. Thankfulness is a decision.
2. Thankfulness is a decision based on reality.
3. Thankfulness is a life changing decision.

Psalms 107:8, 15, 21, 31 (NKJV)

Oh, that men would give thanks to the LORD

for His goodness, and for His wonderful works to the children of men!

Personal reflections:

1. Am I a thankful person?
2. Am I seeing the blessings of thankfulness in my life?
3. Am I choosing thankfulness over complaining moment by moment?

Discussion Questions:

1. Consider the ten lepers healed by Jesus in Luke 17:11-19

What lesson can we learn and apply from this grateful leper who was healed?

Notes: Know who is the real source of blessings in our life, then make the effort to tell it to others (acknowledge Him verbally, to people around us, not just in our thoughts). Have humility to admit not every good thing came from our own talents and efforts.

2. How can we express gratitude in ways other than words?

Notes: some suggestions worship, serving God's people out of gratitude to God, obeying God in practical areas – faith in action – examples: sharing gospel, benevolent, mission work

3. Levels of gratitude. What can you learn about each of these different levels of gratitude?

- Elementary (Hebrews 13:15)
Notes: an unwilling praise, so much so that it is an act of sacrifice. Giving thanks costs us a lot, hence sacrifice
- High school (1 Thessalonians 5:18 KJV or NKJV)
Notes: KJV/NKJV translation uses "in all things". NIV all circumstances.
Perhaps the difficulty here is being able to give thanks both good times and bad times as well.
- Graduate Level (Eph 5:18, 20)
Notes: suggested focus here is "all the time", constantly, all waking hours

4. For each topic below share:

- a. an area of your life or experience where you discover /realize this truth (or where & when you learn this lesson)
- b. where you need to apply this truth more consistently

Notes: Sharing personal experience with each other. Not every item will have a response, so feel free to skip along.

- Thankfulness is a decision / choice
 - a.
 - b.
- Thankfulness is a decision based on reality
 - a.
 - b.
- Thankfulness is life-changing
 - a.
 - b.

Assignment:

Each day, write down 5 things you are thankful for, and give thanks to God.