

Gratitude – I'd Rather Have It Than Not

Romans 1 & Colossians 2 & 3

Those who reject God don't glorify Him or show gratitude

Gratitude opens your _____ to see the fuller picture of what God is

Gratitude shifts the focus from _____ to _____

Giving thanks to God produces _____ in you

Gratitude is a spiritual discipline

It is intentionally _____, deliberately _____ and
_____ in all circumstances

KNEES AND FEET (Prayer and Action): Ask the Holy Spirit to guide you to a change of mind and action.

In what ways could you "train" to increase gratitude in your life? Who can you invite to join you in this Soul Training?

Try things like keeping a list of blessings in your life, look specifically for the blessings that are obscured by hardship. Schedule time for praise regularly, like once a week or so, and keep that appointment.