



Best Gift Ever 1 – Gratitude: A Gift to Myself Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

"Let all that I am praise the Lord. May I never forget the good things he does for me."

Psalm 103:2 (NLT)

"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

1st Thessalonians 5:18

¹¹ "As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. ¹² As he entered a village there, ten men with leprosy stood at a distance, ¹³ crying out, "Jesus, Master, have mercy on us!"

¹⁴ He looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy.

¹⁵ One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" ¹⁶ He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan.

¹⁷ Jesus asked, "Didn't I heal ten men? Where are the other nine?" ¹⁸ Has no one returned to give glory to God except this foreigner?" ¹⁹ And Jesus said to the man, "Stand up and go. Your faith has healed you."

Luke 17:11-18

Reflection Questions:

- What's something surprising that you're grateful for? (Something unexpected, random, small, odd, etc.)
- What stood out to you from Sunday's service? How did you sense God at work in you through the songs, the story video, the message, and being together with others as part of the church? (The message main points and scripture are listed below if it helps you think back.)
- Read Psalm 103:2. We can easily forget God's goodness. How can you practice gratitude?
- Read 1 Thessalonians 5:18. This might be a familiar verse but pause to look at it again. (Consider reading it from several translations.) What challenges you as you linger here?
- Are you more likely to express gratitude or to complain? Why is that?
- Eddie shared, "The Bible associates gratitude with access to God." Does this surprise you? Why or why not?
- Look over the three takeaways about gratitude:

- I will always have reasons to be grateful.
- Gratitude grows with use.
- Gratitude disrupts negativity.

What challenges you about these simple truths?

- Eddie shared the story of a man who saw pennies on the ground as a gift from God. What are you allowing God to use to remind you to be grateful?
- At the end of the message, Eddie briefly mentioned a story from Luke 17 about 10 people who were healed by Jesus, but only one came back to say, “thank you.” Take some time to read it in Luke 17:11-18. Where do you find yourself in the story? What do you want to say to Jesus about it?
- Will you take the challenge to keep a gratitude list this week? Commit to writing down and naming the things you want to thank God for throughout the coming days.

Want some resources and ideas for how to grow spiritually during the Advent and Christmas seasons?

Visit www.wschurch.org/advent.

Message Main Points and Scripture:

- Psalm 103:2 (NLT) – “Let all that I am praise the Lord. May I never forget the good things he does for me.”
- Psalm 103:2b (NIV) – “Forget not all his benefits.”
- **a gratitude list**
- 1st Thessalonians 5:18 - “Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”
- **GIVE THANKS**
- Psalm 100:4 – “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”
- **most of us are pros at asking for more, but amateurs at giving thanks**
- Proverbs 30:8 - “Give me neither poverty nor riches. Give me just enough to satisfy my needs.”
- Philippians 2:14 - “Do everything without complaining...”
- **IN ALL CIRCUMSTANCES**
- Luke 12:15 - “Life is not measured by how much you own.”
- **I will always have reasons to be grateful.**
- **Gratitude grows with use.**
- Ephesians 5:20 - “Always give thanks to God for everything.”
- **Gratitude disrupts negativity.**
- Acts 5:41 - “The apostles left the high council rejoicing that God had counted them worthy to suffer disgrace for the name of Jesus.”