

## **Sovereign Grace Church**

### *The Grateful Heart outline*

November 20, 2016

*Thanksgiving is a special time of year where we set aside a particular day to do that which we are supposed to be doing the whole year.....giving thanks for the many blessings bestowed upon us by our gracious God and our dear friends and family. Saying “please” and “thank you” are among the first lessons our parents and supporting institutions seek to teach us. Some of us profit from these lessons and some of us prove to be harder learners!*

*Regardless, it is still encouraged social policy to be polite and thankful in the course of our busy lives. However, these values are not taught as fundamental values of life but rather as a sort of social “grease” that makes our collective lives more manageable.*

*On the contrary Scripture teaches that gratitude is a most fundamental value and that its neglect issues from a strong sinful bent. The end results of ingratitude are exceedingly unpleasant. This morning we will consider several scriptures regarding a thankful heart and the giving of thanks, and seek to learn some lessons which may be of help as we seek to manage our lives.*

**1. Ephesians 5: 3-4**

**2. Ephesians 5: 20  
Rom. 8:28**

**3. Philippians 4: 6-7**

**4. Colossians 2: 6-7**

**5. Colossians 3: 15,17; 4:2**

**6. I Thessalonians 5: 18**

**7. Romans 1: 21**

**8. Lessons**

**Rom 1: 21-22; Matt. 6:33**

**Questions for Discussion and Conversation**

- 1. Have you ever been thankful when you're angry? Why is this combination difficult to imagine? What does it mean “*to be angry and sin not*”? (Eph 4:26)**
- 2. What is the difference between being thankful and saying thank you? Does this difference make a difference? If you are not in a state of gratitude and you say “thank you,” are you guilty of deceit? Why or why not?**
- 3. Is “*...in everything give thanks*” (I Thess. 5:18) a command? How do you obey a command to get in a state of gratitude when you're not? Is this all a matter of grace or are we supposed to do something? What do you do? Or is this just a command to say we're thankful without worrying too much as to whether we in fact are?!**
- 4. For what are you most thankful? To whom are you most thankful? How do you express your gratitude? Why is it easy to be thankful for desirable things but not for things that annoy us? How do we express gratitude for things that annoy us? Do we express gratitude for things that annoy us? Is it possible? Why or why not? Give examples of being thankful for annoying things or people.**
- 5. Have a Happy Thanksgiving everyone....perhaps you could use these questions at your family gatherings. Will people resist actually having a discussion on the meaning of gratitude? Could some perceive it as annoying? Let me know how it goes.**