



I'M IN: Run By Faith

Run with Gratitude

#npimin

Week 7
7 of 7

November 26, 2017

Bottom Line: Gratitude reveals a heart of contentment.

Icebreaker: Share something or someone you are grateful for and why.

Key Verse: *Give thanks in all circumstances, for this is God's will for you in Christ Jesus.* 1 Thessalonians 5:18

Grateful people appreciate the possessions and opportunities in their lives. They take nothing for granted, and they notice simple pleasures. Grateful people do not feel entitled, and they acknowledge the people who have helped them.

People who are not grateful lack appreciation for their possessions and opportunities. They do not express gratitude for the sacrifices and input of others or even life itself. Ungrateful people may come across as self-centered, entitled, and arrogant.

Gratefulness affects our lives from the inside out. It shifts our focus from the things we lack to the abundance of things we have been blessed to receive. Gratitude can increase happiness and reduce negative emotions and depression. Alertness, motivation, determination, energy, and optimism increase as gratefulness thrives. People become more attractive, likeable, and employable when gratefulness is a key characteristic of their lives.

- Gratefulness is more than being thankful. It is a perspective that does not depend on an event or receiving a gift.
- Gratefulness is a choice, and we need to make a conscious effort to choose it every day.
- Gratefulness is living with heightened awareness and focus on the things we have to be grateful for.

Enemies of gratefulness are entitlement, pride, and comparison.

THINK IT OVER >>>

What did you think about the results of the I'M IN Campaign?

How has this I'M IN Series challenged you or encouraged you?

Are you more or less grateful than you were last year or five years ago?

The internet and social media connect us with multitudes of people, causes, organizations, and information. With access to so much content, it is easy to start comparing. Comparison breeds envy, leading us to believe that who we are and what we have is not enough. Discuss

When was the last time you wrote a thank you note or delivered an in-person message of gratefulness?

LOOK IT OVER <<<

In Romans 16 Paul shares a long list of names and why he is grateful for each of them. Paul mentions specific qualities and actions of the people who were a help to him and the churches he was planting. In verses 3 and 4, Paul commends Aquila and Priscilla, friends who discipled him when he was a young Christian. He says they risked their lives for him and that he and all of the churches are grateful for them.

Paul ends the letter by warning them about obstacles that could come to their community, and he tells them to be "wise about what is good, and innocent about what is evil." A person with a grateful spirit sees far more good than bad, far more blessings than burdens, and is a positive influence on those around them.

"If the only prayer you say in your life is 'thank you,' that would suffice." – Meister Eckhart

NEXT STEPS

This week consider taking some next steps together as a group:

1. A simple way to cultivate gratitude is to count your blessings. Keep a journal or gratitude jar to write down the many blessings in your life. Share some of those next week with your group.
2. Write a thank you note or send a thank you text to several people this week. If you have the opportunity, deliver an in-person message of gratefulness this week as well.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Gratitude reveals a heart of contentment.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Genesis 50:20
Tuesday: Proverbs 3:5-6
Wednesday: Proverbs 3:5-6
Thursday: Psalm 56:11
Friday: Hebrews 4:15-16
Saturday: Philippians 4:19
Sunday: Psalm 27:10, 13,14

Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to your next small group meeting)