

Thanksgiving 2017

The Positive Power of Gratitude

Sunday October 8, 2017

1. "The Thankfulness Song" (Veggie Tales)

<https://www.youtube.com/watch?v=a0InbeErmlU>

2. "The Thankfulness Song" (Veggie Tales) LYRIC

I thank God for this day,
For the sun in the sky,
For my mom and my dad,
For my piece of apple pie!

For our home on the ground,
For His love that's all around,
That's why I say thanks every day!

Because a thankful heart is a happy heart!
I'm glad for what I have,
That's an easy way to start!

For the love that He shares,
'Cause He listens to my prayers,
That's why I say thanks every day!

3. Gratitude is the emotion that relates to our ability to feel and to express thankfulness and appreciation.

4. BENEFITS OF GRATITUDE:

- Improved physical, emotional, and social well-being
- Greater optimism and happiness
- Improved feelings of connection in times of loss or crises
- Increased self-esteem
- Heightened energy levels
- Strengthened heart, immune system, and decreased blood pressure
- Improved emotional and academic intelligence
- Expanded capacity for forgiveness
- Decreased stress, anxiety, depression, and headaches
- Improved self-care and greater likelihood to exercise
- Heightened spirituality — ability to see something bigger than ourselves

5. How do we cultivate gratitude?

1. THINK ABOUT IT.
2. TALK ABOUT IT.
3. WRITE ABOUT IT.
4. WALK ABOUT IT.

Study Notes for Personal and Group Reflection

DISCUSSION

1. Who is the most grateful person you know? What's it like to be around that person?

2. What effect does saying THANK YOU to someone have on you? What effect does it have on you when you say it to God?

BIBLE

3. Read 1 Chronicles 16:34. For what are we to give thanks? How is this different than being thankful for someone or something or some experience?

4. Read Col. 3:15-17. What role does thanksgiving play in our worship?

5. Read Isaiah 12:4-5. What role does thanksgiving play in making disciples?

APPLICATION

6. Name 3 things for which you are grateful?

7. Meditate on one of them.

8. Is there some kind of action to take on any of your 3?