



SERMON NOTES

Expression of Gratitude

November 22

Luke 17:11-19

I. Introduction

- A. Ungrateful: It's almost impossible to see in the _____.
- B. Gratitude generates _____.
- C. Ingratitude can shut down an entire _____.

II. The healing of 10 men with leprosy

- A. The ten men with leprosy showed a big expression of their confidence and _____ in Jesus by going to see the priest in Jerusalem.
- B. One of the men with leprosy went back to _____ the one who had enabled him to move forward with his life.
- C. _____ gratitude:
 - communicates ingratitude.
 - is experienced as rejection.
 - is an inflated view of self.
- D. Gratitude: It is not enough to feel it, you've got to _____ it.

III. Application

- A. Reflection questions:
 - 1) Who do you take for granted?
 - 2) Who do you owe a debt of gratitude to?
 - 3) Who has facilitated your success?
- B. Challenge: Write three thank you notes this week.

Things I Would Like to Remember About This Message

ASBURY DAILY STUDY GUIDE

INTRODUCTION

“After all I’ve done for you! You are so ungrateful.” Have you ever said that? Has anyone ever said that to you? Very few things sting a relationship like ingratitude. And the reason it stings is because it’s the exact opposite of what we expect, and it’s the opposite of what we think we deserve. But the problem with ingratitude is that it is very hard to see in the mirror. So what can we do to improve our relationships damaged by ingratitude?

Monday: Philippians 1:3-11

Who are the people, beyond your immediate family, to whom you could say, “I thank my God every time I remember you”? Thank God for them in your prayer time today. Then be sure to let them know how grateful you are for them, as Paul did the Philippians.

Tuesday: 1 Thessalonians 5:16-18

‘Give thanks in all circumstances.’ Notice Paul does not say give thanks “for” all circumstances. We don’t thank God that we have had a car accident but we thank God for all the blessings of God no matter what our circumstances. We don’t just thank God when things are going good we are to perpetually thank God. How can you cultivate a heart of thanksgiving no matter what your circumstances?

Wednesday: Acts 16:16-40

Paul and Silas were praying and singing hymns to God while they were in prison. They flip their dire circumstance into something positive. They use their time to share the Gospel message with the prison guards. By doing this they were able to reach non-believers for Christ. The non-churched and nominally churched people in your life will always be watching you to see how you respond to your circumstances. Is there a negative circumstance in your life that you can flip into a positive?

Thursday: Philippians 4:4-9

Our Thanksgiving holiday did not exist in Paul’s world, of course. But it seems likely he would have loved a day like this! “In every situation, by prayer and petition, with thanksgiving, present your requests to God,” he wrote. This was not only Paul’s teaching it was how he lived his life. May the God of peace be with you and yours on this Thanksgiving Day.

Friday: Psalm 136:1-9, 23-26

The psalmist reflects his day’s picture of how life worked, praising God for spreading out the earth (probably flat) on (or over) the waters. We understand our planet and our universe a bit differently. Try writing your own stanzas of praise for God’s power and provision through the creation.

MOVING FORWARD

Gratitude: it’s not enough to feel it. We’ve got to express it because unexpressed gratitude communicates ingratitude. We need to become returners, willing to go back to those who enabled us to move forward to begin with. So, who do you need to express gratitude to? This week write three thank you notes.

Answers to the sermon notes: IA) mirror, B) generosity, C) relationship. IIA) faith, B) thank, IIC) Unexpressed, D) express.