

Expression of Gratitude

November 22, 2020

OPENING PRAYER

Heavenly Father, thank you for sending your son into this world to die for our sins. We cannot thank you enough. As we approach thanksgiving, show us how to be grateful for all things and forgive us when we don't express our gratitude toward you and others. None of us say thank you enough, so show us this week who we should express our gratitude toward. We pray this in the name of Jesus. Amen.

SCRIPTURE PASSAGE:

Luke 17:11-19 (NIV)

¹¹ Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. ¹² As he was going into a village, ten men who had leprosy met him. They stood at a distance ¹³ and called out in a loud voice, "Jesus, Master, have pity on us!"

¹⁴ When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.

¹⁵ One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶ He threw himself at Jesus' feet and thanked him—and he was a Samaritan.

¹⁷ Jesus asked, "Were not all ten cleansed? Where are the other nine?" ¹⁸ Has no one returned to give praise to God except this foreigner?" ¹⁹ Then he said to him, "Rise and go; your faith has made you well."

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?

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?

QUESTIONS

- 1) What qualities about people do you find least attractive? Where does ingratitude fall in that list?
- 2) Why is ingratitude so difficult to spot in the mirror? Why is it so important to express gratitude and not just feel it?
- 3) Who do you need to express gratitude toward?
- 4) What are you thankful for in your heart that you have not expressed with your lips?
- 5) Who are you grateful for in your heart? Who serves you consistently and you’ve started taking it for granted?

FINAL APPLICATION

This week write three thank you notes to people you are grateful for.