

***“Growing in Gratitude”***

(Philippians 4:4-9)

***Gratitude is a \_\_\_\_\_ and \_\_\_\_\_ awareness and \_\_\_\_\_ in the overarching, unmerited \_\_\_\_\_ of God.***

- 1. Living in gratitude doesn’t require us to live in \_\_\_\_\_ of \_\_\_\_\_.**
- 2. Living in gratitude does require us to live in \_\_\_\_\_ the \_\_\_\_\_.**
- 3. We get to do whatever it takes for us to \_\_\_\_\_ on the \_\_\_\_\_ of \_\_\_\_\_.**

**Action Steps for Growing In Gratitude**

- 1. Build from a \_\_\_\_\_.**
- 2. Develop a habit of \_\_\_\_\_.**
- 3. Pay attention to the way that things \_\_\_\_\_ you and your \_\_\_\_\_, and \_\_\_\_\_ to \_\_\_\_\_ on \_\_\_\_\_ things.**
  - Spend more time \_\_\_\_\_.**
  - Make \_\_\_\_\_ a \_\_\_\_\_.**
  - Keep a \_\_\_\_\_.**
  - Develop a habit of \_\_\_\_\_ your gratitude \_\_\_\_\_.**
  - \_\_\_\_\_ & \_\_\_\_\_ gratitude in others.**
  - Create visual “\_\_\_\_\_” for gratitude.**
  - Spend time with people who have experienced \_\_\_\_\_.**

***“Growing in Gratitude”***

(Philippians 4:4-9)

***Gratitude is a deep and abiding awareness and confidence in the overarching, unmerited goodness of God.***

- 1. Living in gratitude doesn't require us to live in denial of reality.**
- 2. Living in gratitude does require us to live in light of the gospel.**
- 3. We get to do whatever it takes for us to remain focused on the goodness of God.**

**Action Steps for Growing In Gratitude**

- 1. Build from a solid foundation.**
- 2. Develop a habit of conversational prayer.**
- 3. Pay attention to the way that things impact you and your thinking, and choose to focus on helpful things.**
  - Spend more time in God's word.**
  - Make worship a priority.**
  - Keep a Gratitude Journal.**
  - Develop a habit of sharing your gratitude with others.**
  - Encourage & facilitate gratitude in others.**
  - Create visual “triggers” for gratitude.**
  - Spend time with people who have experienced real loss.**