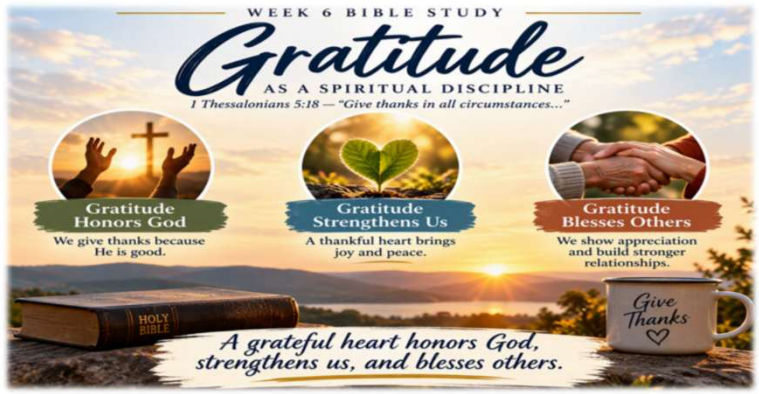


1

1 Thessalonians (NIV)

18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

2

Theme

A grateful heart honors God, strengthens us, and blesses others.

3



4

Gratitude Honors God

- We enter God's presence with thanksgiving.

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. (Psalm 100:4 NIV)

- God's love endures forever, worthy of thanks.

1 Give thanks to the Lord, for he is good; his love endures forever. (Psalm 118:1 NIV)

5

Gratitude Honors God

- Gratitude should accompany all we do.

17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17 NIV)

- We give thanks always for everything.

20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. (Ephesians 5:20 NIV)

6

Gratitude Honors God

- Thanksgiving accompanies prayer

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6 NIV)

7

Things Seniors Can Thank God for Every Day

- The gift of salvation through Jesus Christ.
- God's grace & promise of eternal life never change.
- God's faithful presence.
- He walks with us through every season of life.
- Another day of life.
- Each new day is a gift & an opportunity to glorify God.
- Family & loved ones.

8

Things Seniors Can Thank God for Every Day

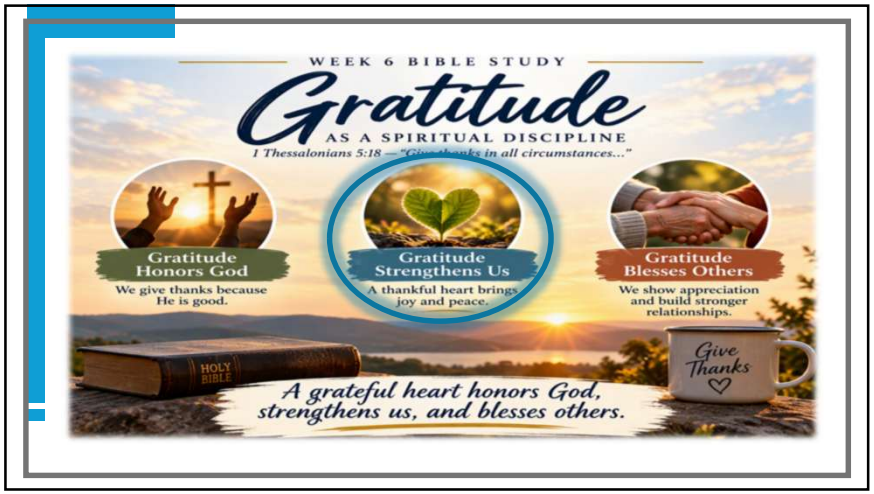
- Children, grandchildren, relatives & friends are blessings from God.
- The wisdom gained through the years.
- Life experiences provide opportunities to encourage younger generations.
- God's provision.
- Food, shelter, clothing & daily needs are evidence of His care.

9

Discussion Questions

- How does gratitude honor God?
- Why is gratitude sometimes difficult?
- How can gratitude be expressed daily?

10



11

Gratitude Strengthens Us

- A cheerful heart is good medicine.

22 A cheerful heart is good medicine, but a crushed spirit dries up the bones. (Proverbs 17:22 NIV)

- God fills us with joy in His presence.

11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. (Psalm 16:11 NIV)

12

Gratitude Strengthens Us

- The joy of the Lord is our strength.

10 Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."
(Nehemiah 8:10 NIV)

13

Gratitude Strengthens Us

- Praise shifts our focus from fear to God.

1 I will extol the Lord at all times; his praise will always be on my lips. (Psalm 34:1 NIV)

- Gratitude helps us think on what is good.

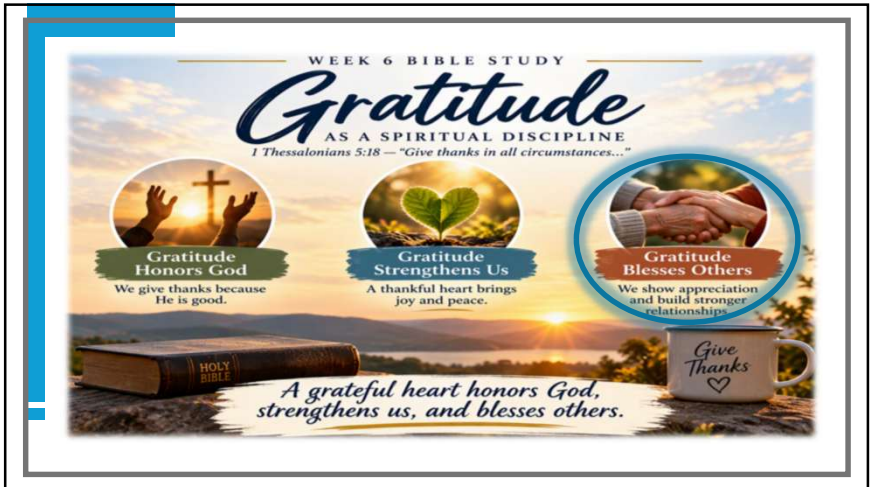
8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.
(Philippians 4:8 NIV)

14

Discussion Questions

- How has gratitude helped your emotional well-being?
- What small things are you grateful for?
- How does gratitude affect your outlook?

15



16

Gratitude Blesses Others

- Paul expresses gratitude for others' faith.

8 First, I thank my God through Jesus Christ for all of you, because your faith is being reported all over the world. (Romans 1:8 NIV)

- Gratitude strengthens bonds.

4 I always thank my God as I remember you in my prayers, (Philemon 1:4 NIV)

17

Gratitude Blesses Others

- We thank God for one another.

4 I always thank my God for you because of his grace given you in Christ Jesus. (1 Corinthians 1:4 NIV)

- Gratitude is a continual sacrifice of praise.

15 Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that openly profess his name. (Hebrews 13:15 NIV)

18

Gratitude Blesses Others

- Gratitude expresses sincere praise.

1 I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. (Psalm 9:1 NIV)

19

Discussion Questions

- How does gratitude improve relationships?
- Who in your life are you grateful for?
- How can you show gratitude to others?

20

Practical Applications

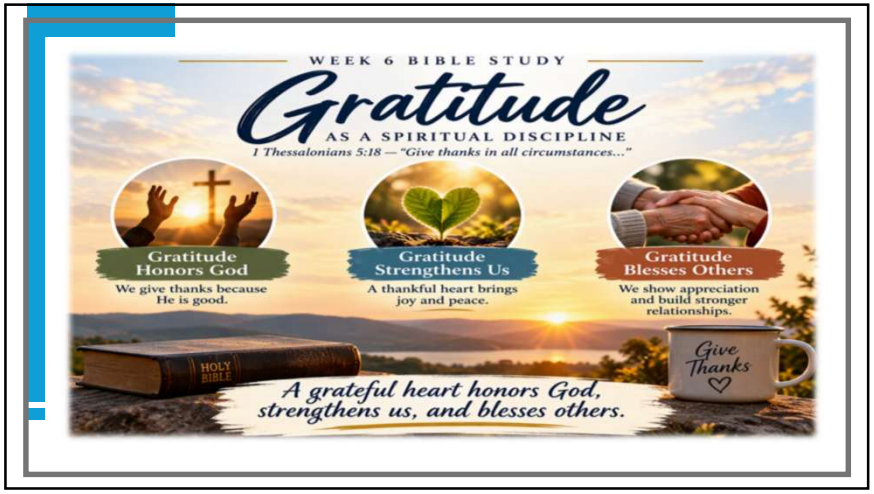
- Gratitude Journal - Write down three things you are thankful for each day and thank God for His blessings.
- Daily Thanksgiving Prayer - Begin or end each day by thanking God for His goodness, faithfulness & care.
- Thank You Notes - Write a note (or email) to someone who has blessed your life & express your appreciation for them.

21

Practical Applications

- Gratitude Walk - Take a short walk & thank God for the beauty of His creation & the gifts around you.
- Blessing Sharing Time - Share one blessing from your week with a family member, friend, or Bible study group.
- Weekly Appreciation - Thank someone each week for the difference they have made in your life.

22



23