

## The Power of Gratitude - Lesson

**Lesson summary:** There is incredible power to defeat temptation through focusing on what you are grateful for.

**EPHESIANS 5:4 (NIV)**

Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

**COLOSSIANS 3:15 (NIV)**

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

**1 THESSALONIANS 5:18 (NIV)**

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Gratitude has great power to overcome temptation because it brings a sense of fulfillment.

Temptation grows with an attitude of discontent and impatience.

When we are focusing on all the things we have to be grateful for, obeying God becomes easier.

**1. Repent of complaining**

a) make up your mind not to complain or criticize at all anymore about anything.

**2. Start expressing gratitude out loud**

a) Tell people what you are thankful about them

b) Tell people what you are thankful to God about

c) When something great happens to you, say "Thank God!" instead of some other expression of happiness like, "That's terrific," or "Great," or "Sweet!"

**3. Evaluate your gratitude every night.**

a) Prayerfully ask yourself before you go to bed who you expressed gratitude to and when you did it.

b) Then ask yourself what situations arose where you could have expressed gratitude and been thankful for that you missed.

c) Then thank God for those things and commit to recognizing them next time and expressing gratitude.

d) There is always something we can be thankful for. 1Thessalonians 5:18

Illustration - The old lady who said "What, all this and Jesus too!" when looking at a bread crust and a piece of cheese on her plate living in poverty.

What is something specific you can thank God for?

People you are thankful for?

Situations and circumstances you are thankful for?

Answers to prayer?