

## NEXT STEP QUESTIONS

1. Spend seven minutes discussing this week's talk. What was the thing that resonated with you most?
2. How has a grateful person affected your own vision of what matters in life? How has someone who lives in bitterness affected your life?
3. Share an experience from your life where you were not thankful in the moment but became thankful in time. How did this new perspective, gained over time, change your life now?
4. Read Mark 6:30-44. Why was Jesus' gratitude to His Father not just circumstantial? How did Jesus model gratitude for us in the light of less-than-perfect circumstances?
5. Read examples of gratitude in Psalm 100:4-5, Ephesians 1:15-16, and 1 Thessalonians 5:18. How does your disposition influence your attitude toward gratitude?
6. Is there some hardship going on in your life right now, past or present, that prevents gratitude from flowing out of you? How can we find God's love in hardship?

### Action Step:

Plan ways of incorporating the things that encourage thankfulness into your life on a regular basis.



churchontheridge.org  
35131 SE Douglas St. Snoqualmie, WA 98065

# Legacy

LIVING BEYOND OURSELVES

Church on the Ridge

November 24-25, 2018  
Kevin Cumming

## The Talent We All Have

The talent we all have is \_\_\_\_\_.

### Benefits of gratitude

- Better health
- Increased self-control
- Enjoyable life
- Stress management

*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

1 Thessalonians 5:18 NLT

**Two exercises that will develop  
your talent of gratitude:**

1. \_\_\_\_\_

*The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.*

Proverbs 13:4 ESV

Where to being diligent using gratitude:

- With \_\_\_\_\_
- With \_\_\_\_\_
- With \_\_\_\_\_

Reflection:

*...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.*

Philippians 4:8-9 NLT

2. **Commitment to** \_\_\_\_\_

*And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.*

Colossians 3:17 NLT

Five Appreciation Languages

1. \_\_\_\_\_ of affirmation
2. \_\_\_\_\_ time
3. \_\_\_\_\_ of service
4. \_\_\_\_\_ gifts
5. \_\_\_\_\_ touch

*"And I will be your Father, and you will be my sons and daughters, says the LORD Almighty."*

2 Corinthians 6:18 NLT

**Challenge: use your talent of gratitude.**