

## 1 Thessalonians 5:18

Give thanks in everything;  
for this is God's will  
for you in Christ Jesus.

## John 15:4

Remain in Me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in Me.

# Abide

- How to hear God's voice to find your purpose and joy.

# Abide

- How to hear God's voice to find your purpose and joy.
- How to experience God's power to gain freedom from sin.

# Abide

- How to hear God's voice to find your purpose and joy.
- How to experience God's power to gain freedom from sin.
- How to remain in God's ways to grow holy and healthy.

Title:

**Abiding In Gratitude**

# **Gratitude –**

**An emotional response  
of the heart towards the  
favor or benefits of life**

**AND a virtue, a lived out  
ethic that comes with  
moral responsibility.**

## 1 Thessalonians 5:16-18

Rejoice always, pray  
constantly, give thanks  
in everything; for this is  
God's will for you in  
Christ Jesus.

## **Paul's Logic**

**v v 16. "Always"**

**v v 17. "Constantly"**

**v v 18. "In Everything"**

# **4 Truths of Gratitude in 1 Thessalonians 5:18**

**1. Gratitude Is A Practice  
To Embrace**

# **4 Truths of Gratitude in 1 Thessalonians 5:18**

- 1. Gratitude Is A Practice  
To Embrace**
- 2. Gratitude Is A Resource  
To Use**

# **4 Truths of Gratitude in 1 Thessalonians 5:18**

- 1. Gratitude Is A Practice  
To Embrace**
- 2. Gratitude Is A Resource  
To Use**
- 3. Gratitude Is A Call  
To Obedience**

# **4 Truths of Gratitude in 1 Thessalonians 5:18**

- 1. Gratitude Is A Practice  
To Embrace**
- 2. Gratitude Is A Resource  
To Use**
- 3. Gratitude Is A Call  
To Obedience**
- 4. Gratitude Is Best For You**

Gratitude Is A Practice  
To Embrace - “Give”

Question:

**How Could  
Embracing Gratitude  
Change My Life  
Today?**

Gratitude Is A Resource  
To Use – “In Everything”

Question:

**How Could**

**Embracing Gratitude**

**Change The Way I**

**Cope In This Season?**

Gratitude Is A Call To  
Obedience – “God’s Will”

## 1 Thessalonians 4:3

For this is God's will, your sanctification: that you keep away from sexual immorality.

Question:

**How Could  
Embracing Gratitude  
Change The Way You  
Approach What God  
Calls You To?**

Gratitude Is Best For  
You – ‘In Christ Jesus’

## Hebrews 13:5-6

Keep your life free from the love of money. Be satisfied with what you have, for He Himself has said, **I will never leave you or abandon you.** Therefore, we may boldly say,

**The Lord is my helper;**

**I will not be afraid.**

**What can man do to me?**

Question:

**How Could  
Embracing Gratitude  
Change The Way You  
Trust God With Your  
Future Today?**

## Luke 11:15-19

But some of them said, “He drives out demons by Beelzebul, the ruler of the demons.” And others, as a test, were demanding of Him a sign from heaven.

Knowing their thoughts, He told them, “Every kingdom divided against itself is headed for destruction, ...

## Luke 11:15-19

...and a house divided against itself falls. If Satan also is divided against himself, how will his kingdom stand? For you say I drive out demons by Beelzebul. And if I drive out demons by Beelzebul, by whom do your sons drive them out? For this reason they will be your judges.

“Return” -

But one of them, seeing  
that he was healed,  
returned and, with a loud  
voice, gave glory to God.

(Luke 11:15)

# 5 PRACTICES OF GRATITUDE

- 1. Gratitude Walk**
- 2. Gratitude Journal**
- 3. Gratitude Return**
- 4. Gratitude Pause**
- 5. Gratitude Reframe**

