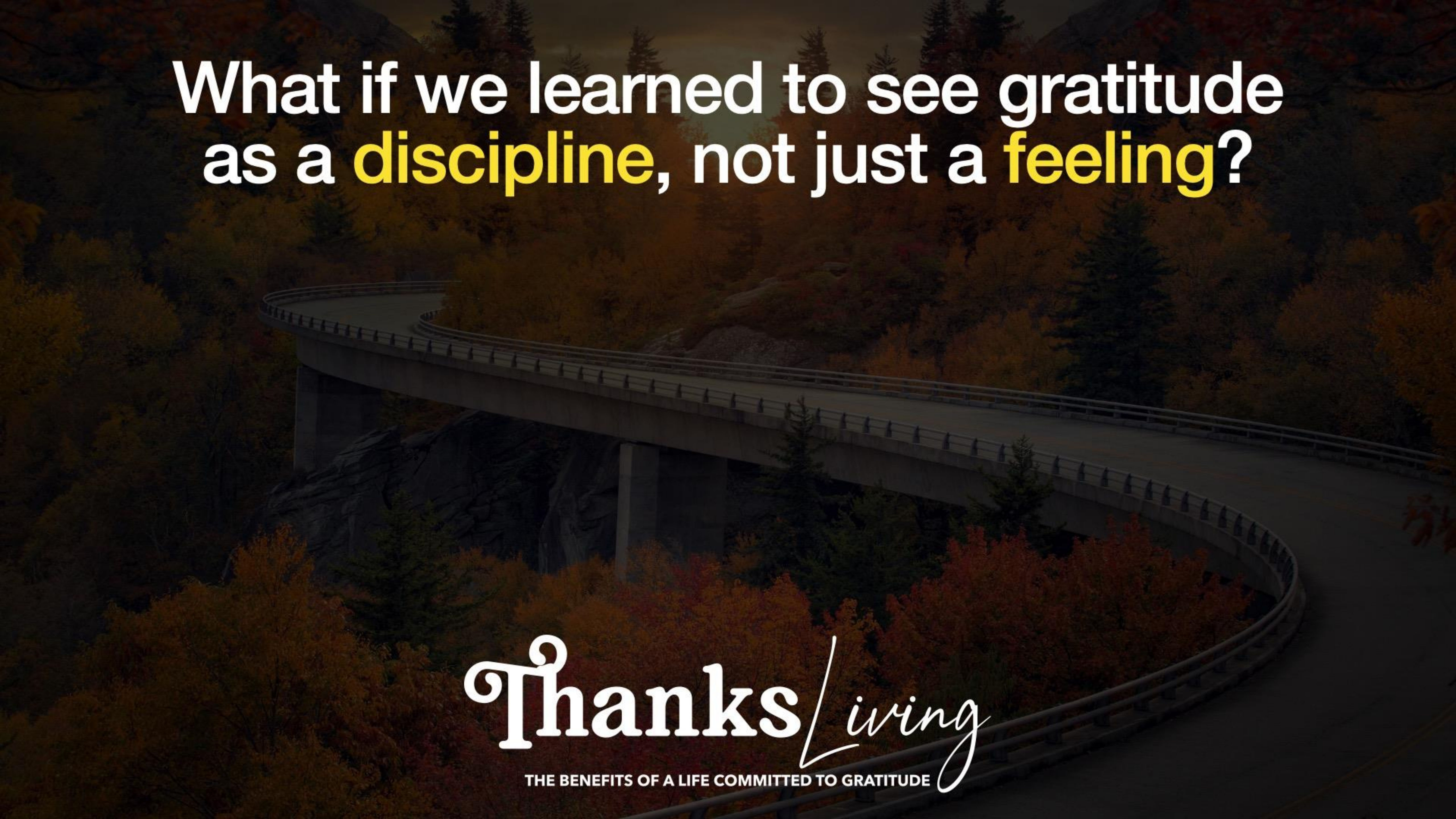




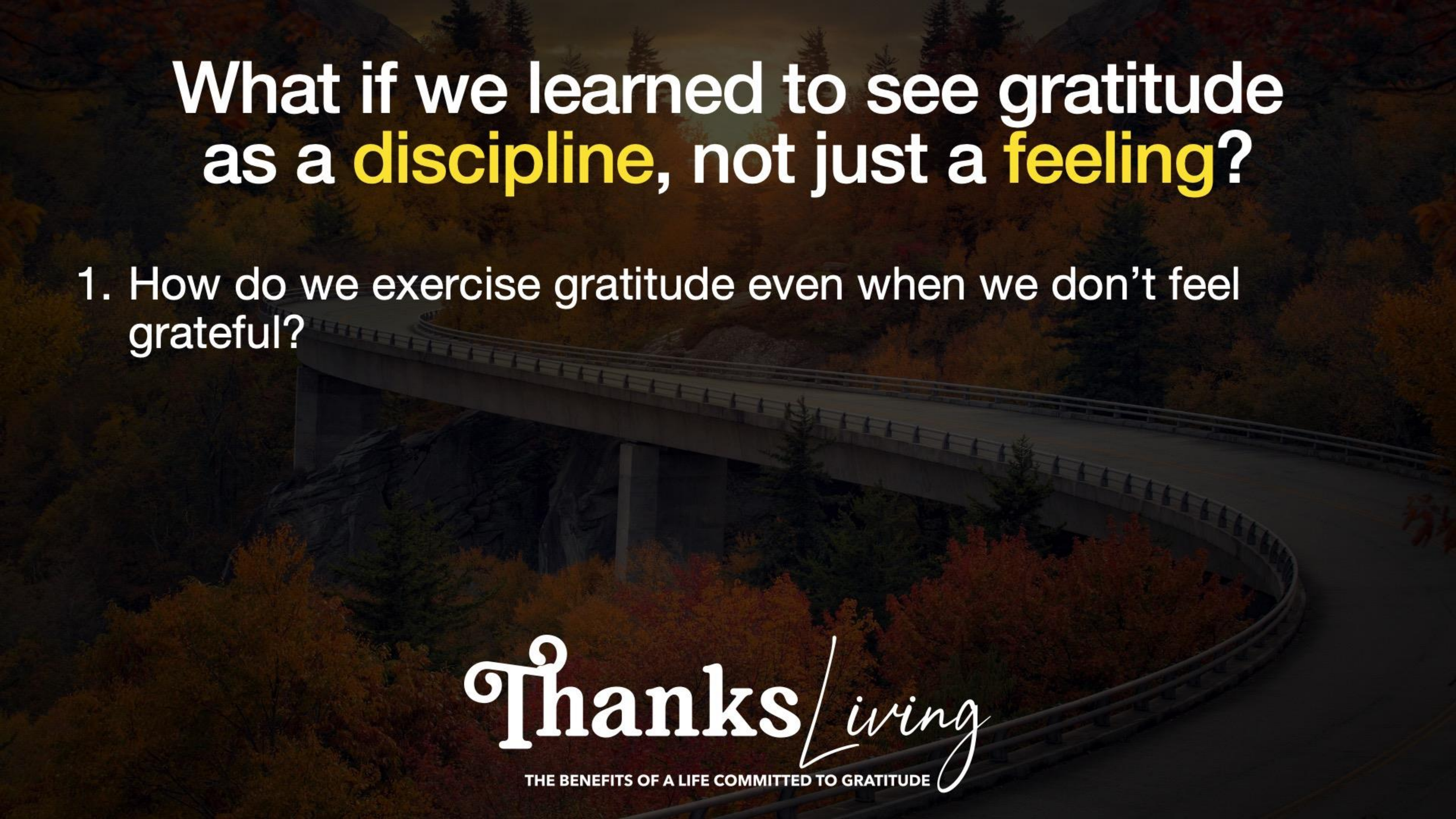
Thanks *Living*

THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

A winding road on a hillside with autumn foliage and evergreen trees. The road is a concrete bridge with a metal guardrail, curving through a landscape of trees with yellow and orange autumn leaves and some dark evergreens. The background shows a mountain peak under a hazy sky.

What if we learned to see gratitude
as a **discipline**, not just a **feeling**?

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The background of the slide is a photograph of a winding concrete bridge or road that curves through a dense forest. The trees are in autumn, with many leaves turned orange, yellow, and red. The scene is captured from a slightly elevated angle, showing the bridge's structure and the surrounding landscape. The overall tone is somewhat dark and moody, with the text overlaid in white and yellow for contrast.

What if we learned to see gratitude as a **discipline**, not just a **feeling**?

1. How do we exercise gratitude even when we don't feel grateful?

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What if we learned to see gratitude as a **discipline**, not just a **feeling**?

1. How do we exercise gratitude even when we don't feel grateful?
2. Other than saying, "Thank you," what does it look like to live gratefully?

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What if we learned to see gratitude as a **discipline**, not just a **feeling**?

1. How do we exercise gratitude even when we don't feel grateful?
2. Other than saying, "Thank you," what does it look like to live gratefully?
3. What benefits might we experience by exercising gratitude?

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

Philippians 1:1-2

English Standard Version

¹ Paul and Timothy, servants of Christ Jesus, To all the saints in Christ Jesus who are at Philippi, with the overseers and deacons: ² Grace to you and peace from God our Father and the Lord Jesus Christ.

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Philippians 1:3-4

English Standard Version

³ I **thank** my God in **all** my remembrance of you,
⁴ **always** in **every** prayer of mine for you all making my
prayer with **joy**,

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Philippians 4:14-18

English Standard Version

¹⁴ Yet it was kind of you to **share my trouble**. ¹⁵ And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into **partnership** with me in **giving** and **receiving**, except you only. ¹⁶ Even in Thessalonica you **sent me help** for my needs once and again. ¹⁷ Not that I seek the **gift**, but I seek the fruit that increases to your credit. ¹⁸ I have received full payment, and more. I am well supplied, having received from Epaphroditus **the gifts you sent**, a fragrant offering, a sacrifice acceptable and pleasing to God.

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Philippians 1:5-6

English Standard Version

⁵ because of **your partnership in the gospel** from the first day until now. ⁶ And I am sure of this, that he who began a good work in you will **bring it to completion** at the day of Jesus Christ.

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Philippians 1:7-8

English Standard Version

⁷ It is right for me to **feel this way about you all**, because I hold you in my heart, for you are all **partakers with me of grace**, both in my imprisonment and in the defense and confirmation of the gospel. ⁸ For God is my witness, how I yearn for you all with the affection of Christ Jesus.

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Philippians 1:9-11

English Standard Version

⁹ And it is my prayer that your **love** may abound more and more, with **knowledge** and all **discernment**, ¹⁰ so that you may approve what is excellent, and so be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

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A scenic background image of a winding asphalt road with a metal guardrail, curving through a dense forest. The trees are in various stages of autumn, with some showing vibrant orange and yellow leaves, while others are dark green. The sky is overcast and grey. The overall tone is serene and contemplative.

Being grateful **for** them will strengthen
your relationship **with** them.

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This Week's Gratitude Challenge:

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This Week's Gratitude Challenge:

1. Make a list of 3 people for whom you **feel grateful**.

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This Week's Gratitude Challenge:

1. Make a list of 3 people for whom you **feel grateful**.
2. Make a list of 3 people for whom you **don't feel grateful**, but you should be grateful.

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This Week's Gratitude Challenge:

1. Make a list of 3 people for whom you **feel grateful**.
2. Make a list of 3 people for whom you **don't feel grateful**, but you should be grateful.
3. Commit to **thanking God** for each of those people every day this week.

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This Week's Gratitude Challenge:

1. Make a list of 3 people for whom you **feel grateful**.
2. Make a list of 3 people for whom you **don't feel grateful**, but you should be grateful.
3. Commit to **thanking God** for each of those people every day this week.
4. Commit to doing something that will **demonstrate gratitude** towards at least one of those people.

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