



Gratitude

South Sub Church

November 16, 2025

## A Grateful Heart Is a Generous Heart

### Psalm 116 (NLT) [41-47 listed below]

I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath! Death wrapped its ropes around me; the terrors of the grave overtook me. I saw only trouble and sorrow. Then I called on the name of the Lord: 'Please, Lord, save me!' How kind the Lord is! How good he is! So merciful, this God of ours!" The Lord protects those of childlike faith; I was facing death, and he saved me. Let my soul be at rest again, for the Lord has been good to me. He has saved me from death, my eyes from tears, my feet from stumbling. And so I walk in the Lord's presence as I live here on earth!" I believed in you, so I said, 'I am deeply troubled, Lord.' In my anxiety I cried out to you, 'These people are all liars!' What can I offer the Lord for all he has done for me? I will lift up the cup of salvation and praise the Lord's name for saving me. I will keep my promises to the Lord in the presence of all his people. The Lord cares deeply when his loved ones die. O Lord, I am your servant; yes, I am your servant, born into your household; you have freed me from my chains. I will offer you a sacrifice of thanksgiving and call on the name of the Lord. I will fulfill my vows to the Lord in the presence of all his people in the house of the Lord in the heart of Jerusalem. Praise the Lord!

### Sermon Summary:

*Gratitude* is more than a polite response or a seasonal emotion—it's a posture of the heart that recognizes every good thing as a gift from God. This series invites us to slow down and reflect on how true gratitude reshapes our worship, our relationships, and our daily outlook. When gratitude takes root deeply within us, it transforms scarcity into abundance, anxiety into peace, and duty into delight. Through this lens, we learn that a grateful heart doesn't just say "thank you"—it lives in continual awareness of God's presence and grace.

### Ice Breaker Questions:

1. If you could take a short vacation anywhere in the world this week, where would you go and why?
2. What is a recent experience that made you really grateful?
3. What is your favorite psalm or Bible passage about God's care or protection?
4. Share about a specific time you felt God really took care of you.
5. What are some ways you express your love or gratitude to God in your daily life?



### Scripture Study Questions:

1. According to verse 1, why does the psalmist say he loves the Lord?
2. In verses 3–4, what circumstances does the psalmist describe, and what does he do in response?
3. How is the Lord described in verse 5?
4. What does the psalmist say God has done for him in verse 6?
5. In verse 7, what command does the psalmist give to his own soul, and why?
6. What three things does God deliver the psalmist from in verse 8?
7. What does verse 9 say the psalmist will do “in the land of the living”?
8. In verses 10–11, what does the psalmist say about his faith and his words during distress?
9. What question does the psalmist ask in verse 12 regarding the Lord’s goodness to him?
10. According to verses 13–14, how does the psalmist intend to respond to God’s salvation?

### Interpretive Questions:

1. What does the psalmist’s love for the Lord (v.1) reveal about the nature of a personal relationship with God?
2. In verses 3–4, how does the psalmist’s response to danger model genuine faith or dependence on God?
3. What can we learn from verse 5 about God’s character and how that shapes the psalmist’s confidence in Him?
4. What does the psalmist’s question in verse 12 (“What shall I return to the Lord...”) reveal about gratitude and worship as responses to grace?
5. In verse 15, what might it mean that “precious in the sight of the Lord is the death of his faithful servants,” and how does this shape our view of life and death?

### Application Questions:

1. When have you, like the psalmist, called on the Lord in distress and experienced His help? How can remembering that strengthen your faith today?
2. What are some practical ways you can express love and gratitude to the Lord for hearing your prayers (v.1–2)?
3. Verse 7 encourages the soul to “return to your rest.” What would it look like for you to rest in God’s goodness in your current season?
4. The psalmist vows to keep his promises to God publicly (v.14). How can you follow through on commitments you’ve made to the Lord?