



**RIVERSIDE**  
CHURCH



# Gratitude ADJUSTMENT

***"Gratitude Makes Me Healthier" (Part 2)***

**NOV 12, 2023** Pastor Nate Sickler

**MYRC.CHURCH**



## MESSAGE NOTES

# "Gratitude Makes Me Healthier" (Part 2)

Pastor Nate Sickler

...gratitude isn't intended by God to just be a one day a year event squeezed into a small part of feasting and football games.

It's designed by our Creator to be a "365 days a year"

\_\_\_\_\_ and \_\_\_\_\_ that shapes and molds our lives in extraordinary ways.

1 Thessalonians 5:18 and Ephesians 5:20

**1.** Humans are \_\_\_\_\_ beings that are wholly impacted by our attitudes. (Proverbs 4:23, 17:22)

Note Deuteronomy 6:5

a. Practicing gratitude, over time, can have a significant positive impact on our \_\_\_\_\_ and \_\_\_\_\_ chemistry.

**2.** The \_\_\_\_\_ to gratitude are as \_\_\_\_\_ as the benefits.

a. Our \_\_\_\_\_ response indicates our \_\_\_\_\_.

b. The \_\_\_\_\_ that we devote to unhealthy attitudes and mental focus \_\_\_\_\_ the problem. (Luke 12:25-26)

**3.** If we do not \_\_\_\_\_ gratitude and enable our internal lives to \_\_\_\_\_ our external circumstances, then our circumstances will \_\_\_\_\_ our internal lives. (Romans 1:21)

a. We are more \_\_\_\_\_ of positive change than we think we are. (Romans 12:2; 1 Thessalonians 5:16-19, 23-24)

b. We are less \_\_\_\_\_ by our circumstances than we feel like we are. (Philippians 4:6, 11b)

**What's my gratitude adjustment?:**

- What is your \_\_\_\_\_ to the command to be grateful? This indicates your current habits.
- How do you \_\_\_\_\_ today (body, mind, emotions, etc)?
- What is the Holy Spirit \_\_\_\_\_ you to be more grateful for?

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital\* or hard copy).\***MYRC.LINK/CONNECT** or text **riverside** to **94000**



**SMALL GROUP**  
guide on the back



Your group matters.

## DISCUSSION GUIDE

- Icebreaker -

*What's your favorite thing to do after work?\**

1. Pastor Nate reminded us that, “Humans are holistic beings that are wholly impacted by our attitudes.” Read [Proverbs 4:23, 17:22](#). When have you seen your attitude (good or bad) affect your well-being?
2. Pastor Nate said the barriers to gratitude are real and are compounded when we devote time to “unhealthy attitudes and mental focus.” In your experience, what events/ circumstances shift you toward unhealthy attitudes and what can you do to cut off this process before it gets rolling? See [Luke 12:25-26](#).
3. Read [Romans 1:21, 12:2](#) and [1 Thessalonians 5:16-19, 23-24](#). “We are more capable of positive change than we think we are.” What attitudes have changed in you over the last few years and what precipitated that change?
4. Pastor Nate reminded us that we need to, “pursue gratitude and enable our internal lives to inform our external circumstances.” How does gratitude enable you to see beyond your circumstances? (See [Philippians 4:6, 11b](#))
5. Pastor Nate asked 3 questions at the end of the Message Notes: “What is your gut response to the command to be grateful? How do you feel today (body, mind, emotions, etc)?” And, “What is the Holy Spirit nudging you to be more grateful for?” Pick one of these questions and share your honest answer with the group.

*Day One:* [Psalm 56](#)

*Day Two:* [Proverbs 25](#)

*Day Three:* [1 Samuel 7](#)

*Day Four:* [Isaiah 56](#)

*Day Five:* [Acts 28](#)

*This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.*

## PERSONAL GUIDE

*\*This week's Icebreaker provided courtesy of the Sauk Rapids' Nash Small Group.*



## MESSAGE NOTES

# "Gratitude Makes Me Healthier" (Part 2)

Pastor Nate Sickler

...gratitude isn't intended by God to just be a one day a year event squeezed into a small part of feasting and football games. It's designed by our Creator to be a "365 days a year" experience and attitude that shapes and molds our lives in extraordinary ways.

**1 Thessalonians 5:18 and Ephesians 5:20**

**1.** Humans are holistic beings that are wholly impacted by our attitudes. (**Proverbs 4:23, 17:22**)

Note **Deuteronomy 6:5**

a. Practicing gratitude, over time, can have a significant positive impact on our brain and body chemistry.

**2.** The barriers to gratitude are as real as the benefits.

a. Our automatic response indicates our habits.

b. The time that we devote to unhealthy attitudes and mental focus compound the problem. (**Luke 12:25-26**)

**3.** If we do not pursue gratitude and enable our internal lives to inform our external circumstances, then our circumstances will dictate our internal lives. (**Romans 1:21**)

a. We are more capable of positive change than we think we are. (**Romans 12:2; 1 Thessalonians 5:16-19, 23-24**)

b. We are less bound by our circumstances than we feel like we are. (**Philippians 4:6, 11b**)

### ***What's my gratitude adjustment?:***

- What is your gut response to the command to be grateful? This indicates your current habits.
- How do you feel today (body, mind, emotions, etc)?
- What is the Holy Spirit nudging you to be more grateful for?

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital\* or hard copy).\***MYRC.LINK/CONNECT** or text **riverside** to **94000**



**SMALL GROUP**  
guide on the back