



RIVERSIDE
CHURCH



Gratitude ADJUSTMENT

"Gratitude Makes Me More Likeable"

NOV 19, 2023 Pastor Tom Lundeen

MYRC.CHURCH



MESSAGE NOTES

"Gratitude Makes Me More Likeable"

Pastor Tom Lundeen

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

It's designed by our Creator to be a "365 days a year" experience and attitude that shapes and _____ our lives in extraordinary ways.

Gratitude is so important to God because He tells us that it is to be the _____ motivation behind everything in our lives (note

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

Gratitude makes us more likeable and it _____ relationships:

1. I Can Only _____ with Gratitude

It's simply impossible to put into practice these *one another's* without gratitude a _____ attitude.

- A. To love one another...(to choose for the highest good of others; note **John 13:34-35**), which is the main defining _____ of a Jesus follower (according to Jesus), can't really be practiced from an ungrateful heart.
- B. How can I _____ welcome and accept others without a thankful spirit (note **Romans 15:7**)?
- C. Honoring each other (note **Romans 12:10**) happens when gratitude _____ in my life.
- D. Showing hospitality to others can certainly be done with either the wrong or right attitudes, but a thankful heart _____ I will do it God's way (note **1 Peter 4:9**).
- E. Living in harmony with others (note **Romans 12:16a**)...
- F. ...being _____ to each other (note **Ephesians 4:32a**)...
- G. ...comforting and _____ for each other (note **2 Corinthians 13:11a**; **1 Corinthians 12:25**)...
- H. ...bearing other's burdens and praying for each other (note **Galatians 6:2**; **James 5:16a**)...
- I. ..._____ one another and building up others (note **1 Thessalonians 5:11**)...
- J. ...and doing good to one another and serving each other (note **1 Thessalonians 5:15**; **Galatians 5:13**)...

...all these things and more become meaningful and powerful and significant when they happen out of the deep _____ of gratitude.

2. Gratitude Makes My Relationships _____

Just ask yourself, *Do I like to be with people who are _____ or grateful? Do I want to _____ in a person who never expresses appreciation/says "thank you"?*

You'll have _____ unresolved conflicts when you grow more thankful for people in your life.

Note **Colossians 3:12-15**

Gratitude is the _____ for better relationships.

Gratitude brings you closer to others (it builds _____ and intimacy).

Science is catching up to God's truth about how gratitude can help our relationships be healthier:

It lessens loneliness (because it's a solidifying _____ that binds adults into meaningful and important relationships).

It can shift the _____ in a conversation/interaction.

Gratitude releases oxytocin (_____ hormone) which helps you feel more loving and caring...

It makes us want to _____ in friendships and even be more helpful to coworkers.

It raises the _____ of others in our lives.

Gratitude strengthens communication and helps develop greater _____ for others, and causes people to like each other more.

And gratitude is often linked to another important character quality that the Scriptures identify as so critical in our lives = _____

What's my gratitude adjustment?:

- The most important relationship for every human being to have is with our _____...
- ...and gratitude is the _____ for this relationship, as well (note **1 Corinthians 15:57**; **2 Corinthians 9:15**; **Colossians 2:6-7**).

(Psalm 100:1-5, NLT) *Shout with joy to the Lord, all the earth! Worship the Lord with gladness. Come before him, singing with joy. Acknowledge that the Lord is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.*



Your group matters.

DISCUSSION GUIDE

- Icebreaker -

Share one thing for which you are especially thankful this year.

1. Pastor Tom said that being thankful makes people more likeable. Think of people you interact with regularly. How do you feel about the complainers versus those who express gratitude? Which do you naturally join in with?
2. Read [Romans 12:16a](#) and [15:5-7](#). How does an attitude of gratitude help you to welcome and live in harmony with others who don't always see or value things the same way you do? How may or did this impact your family Thanksgiving celebration?
3. Read [Colossians 3:12-15](#). Some key words in this passage include humility, forgiveness, love, harmony, and peace followed by, "and be thankful." In your experience, how has the presence or absence of gratitude in your life impacted the expression of these key Christ-like virtues?
4. Pastor Tom made a point of connecting gratitude with humility. In what ways is humility necessary for authentic gratitude and how do you see this working itself out in your relationships with God and others?
5. Pastor Tom shared that authentic gratitude invests in and raises the value of others in our lives. What gratitude adjustment will you make to ensure that others know their value to you and to God?

Day One: [Luke 13](#)

Day Two: [Exodus 7](#)

Day Three: [Ephesians 6](#)

Day Four: [Revelation 14](#)

Day Five: [Song of Songs 3](#)

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

PERSONAL GUIDE



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Gratitude is so important to God because He tells us that it is to be the primary motivation behind everything in our lives (note [1 Thessalonians 5:18](#) and [Ephesians 5:20](#)).

Gratitude makes us more likeable and it improves relationships:

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It's simply impossible to put into practice these *one another's* without gratitude a dominant attitude.

- A. To love *one another*...(to choose for the highest good of others; note [John 13:34-35](#)), which is the main defining characteristic of a Jesus follower (according to Jesus), can't really be practiced from an ungrateful heart.
 - B. How can I genuinely welcome and accept others without a thankful spirit (note [Romans 15:7](#))?
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- ...all these things and more become meaningful and powerful and

significant when they happen out of the deep well of gratitude.

2. Gratitude Makes My Relationships Healthier

Just ask yourself, *Do I like to be with people who are grumpy or grateful? Do I want to invest in a person who never expresses appreciation/says "thank you"?* You'll have fewer unresolved conflicts when you grow more thankful for people in your life.

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It raises the value of others in our lives.

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And gratitude is often linked to another important character quality that the Scriptures identify as so critical in our lives = humility...

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- The most important relationship for every human being to have is with our Creator...
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