



Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. What's your favorite Thanksgiving Day memory? Talk about it.

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

There are two stories about gratitude in Luke chapter 17 and 18. Two different responses to a touch from Jesus. Two different responses to a miracle. Let's look at them together.

2. Read Luke 18:35-43.
 - a. Was Bartimaeus looking for Jesus initially?
 - b. Why do you think he started to shout?
 - c. What was he shouting?
 - d. What did Jesus ask him?
 - e. Why do you think Jesus asked him that question?
 - f. What did the man do after he received sight?
3. Let's compare with Luke chapter 17.
 - a. Please read Luke 17:11-19.
 - b. What did the men with leprosy shout?
 - c. Did Jesus ever touch them?
 - d. What did Jesus tell them to do?
 - e. When were they healed?
 - f. How many came back to thank Jesus?
 - g. How many did not return?
 - h. Why do you think they did not return?
 - i. Would you have come back?
4. Pastor Ruben said, "The single greatest attitude that competes with gratitude is our sense of self-entitlement."



- a. How would you describe self-entitlement?
 - b. What are some signs you might have a self-entitlement attitude?
5. According to these verses, how would you describe a grateful person?
- a. Give a characteristic of a grateful person for each verse. For example, "Grateful people are _____."
 - b. Please read: Romans 12:3b; Philippians 4:11-13; Psalm 39:4-5; Acts 17:24-25; Colossians 3:17; 1 Corinthians 13:4-5; 1 Chronicles 16:34; and James 1:17.

Application

Below are some of the points or quotes shared in the message.
Discuss how they apply to your life.

Robert Emmons, a scientific expert on gratitude, reveals why gratitude is good for our bodies, our minds, and our relationships.

- Stronger immune systems
 - Less bothered by aches and pains
 - Lower blood pressure
 - Exercise more and take better care of their health
 - Sleep longer and feel more refreshed upon waking
 - Higher levels of positive emotions
 - More alert, alive, and awake
 - More joy and pleasure
 - More optimism and happiness
 - More helpful, generous, and compassionate
 - More forgiving
 - More outgoing
 - Feel less lonely and isolated.
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- "Research has shown that people who are ungrateful tend to have a sense of excessive self-importance, arrogance, vanity, and a high need for admiration and approval," (Dr. Robert Emmons, Professor of Psychology at the University of California).
 - "If you deserve everything, if you're entitled to everything, it makes it a lot harder to be grateful for anything." (Unknown).