

**Message Study Guide**

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

**Warming up**

1. What does the word "grateful" mean to you?
  - o Have you ever run across a grateful person?
  - o If so, describe what they are like?

**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.

2. Please read Psalm 150. In the Old Testament, there are two hebrew words that describe Thanksgiving. Both are translated into one word: Praise. An Old Testament of Thanksgiving is, "Acknowledging what is right about God in praise and thanksgiving." Does this change your view of Psalm 150? How so?
3. The ability to be thankful is a spiritual condition. The closer you are to God, the more grateful you are about life. What do you praise God for in your life?
4. Please read Genesis 2:7. What does this verse mean to you? The word, "breath", in Hebrew is "ruach". The word imitates the very sound of breath – is the same word for Spirit as is the case in both ancient Greek (pneuma) and Latin (spiritus). It literally means, God created man by putting His breath, His Spirit, within him. It says "man became a living being". It literally means a "living soul". What do you think about this verse?
5. Thomas Merton said, "To be grateful is to recognize the love of God in everything He has given us - and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him." Do you recognize God's love for you? Prove it.
6. According to Psalm 39:4-5, how long will you live?
  - a. Does this change your perspective of your life, or the life of others? Talk about it.
7. Pastor Ruben shared a story involving an orange. Then he said, "God takes pleasure in giving us moments to delight in Him." What have you overlooked in your life that is a moment that God has given you?
  - a. What moments has God given you to enjoy?

- b. Compared with this quote, "It is not how much we have, but how much we enjoy, that makes happiness." (Charles Spurgeon).
8. According to Psalm 23:6, what will follow you all the days of your life?
  - a. What does this mean to you?
9. Please read Ephesians 5:1-4. What does it say? How should we live? What do these words mean to you? Compared with this quote by Max Lucado, "Gratitude is a dialysis of sorts...it flushes the self-pity out of our systems."
10. Please read 1 Thessalonians 5:18. Have you ever run across a truly grateful person?
  - a. What do they look like?
  - b. What is their spirit like?
  - c. What words come out of their mouth?
  - d. What does their attitude look like?
11. Please read again Psalm 150:6. What does this verse mean to you?

### **Application**

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

- "To be grateful is to recognize the love of God in everything He has given us - and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him." - Thomas Merton
- Life is fragile and precious.
- Give thanks to God for the breath in your lungs.
- "God takes pleasure in giving us moments to delight in Him."
- "It is not how much we have, but how much we enjoy, that makes happiness." - Charles Spurgeon
- Because you belong to Jesus, your life should be holy before God.
- There shouldn't even be a hint...
  - Not a hint of sexual immorality.
  - Not a hint of impurity.
  - Not a hint of greed.
- Your life should be a reflection of WHO Jesus is, and WHAT He has done inside of you.