

2. Read Psalm 103:1-5. List the things that David said that God has done for him in verses 3-5?

 3. Compare that with Psalm 9:1 that you read earlier. Why do you think that David expressly tells himself not to forget such wonderful things? What could you do to keep from forgetting?

 4. Read Romans 1:21. What part did thanklessness play in the attitude of these people? What do you think thanklessness to God indicated in their lives?

 5. Special assignment this week.
Each day when you're at your best (morning or evening) jot down three things you're thankful for – at least one directed toward God.
NOTE: don't just write "I'm thankful for my family." Jot down a sentence or two that says what specifically prompted your thank response. We want to start to develop an attitude of gratitude. You may want to share some of these with the group. "Tell of God's wonderful deeds." It won't hurt to tell of others' deeds as well.
- Finally, think of someone on your list who's overdue for a blessing and give them a specific thank you for what they've done for you.

The Thankful Samaritan Luke 17:11-19

"Feeling gratitude without expressing it is like wrapping a gift and not giving it."

William Arthur Ward

Men in desperate need of help

The men at a distance that day needed more than a bandage they needed a solution.

The nature of the healing

While healing can lead us toward God, it doesn't always get people to the destination.

You can have an expression of faith without having a possession of faith.

You can have a temporary blessing from God without experiencing an eternal relationship with God.

Those who feel least likely to receive **God's blessing** are most likely to be overwhelmed **by gratitude**.

Some final thoughts on gratitude

- Eliminate entitlement – we aren't thankful because we think we deserve it or are owed it
- Recognize the giver – we are often least grateful to those we are closest to
 - It is first God, and then those through whom he works
- Tell story
 - A generic “thank you” evokes an ambivalent response

Thankfulness that is **unexpressed** is not **thankfulness**.

Gratitude that is **unstated** is **ungrateful**.

It doesn't matter **how you feel**; it matters **what you do**.

Psalm 103:2 (NIV)

² Praise the LORD, my soul,
and forget not all his benefits—

Getting to know you

In the introduction to the message this week, Jim spoke of three groups: one wrote daily about things they were grateful for, one wrote about things that irritated them, and one wrote about things in general, positive or negative. As you look back over the past few weeks, if you were to describe your focus in life in general, which of the three groups would you fit into and why?

Digging deeper in the Word and in life

This is a different Bible study; it is a life study as well. We've got some projects this week so take them seriously. Our theme for this week is Psalm 9:1-2 (NIV): I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. I will be glad and rejoice in you; I will sing the praises of your name, O Most High.

1. Write a thank you note to God. From your recent past, choose a situation, a blessing, or a difficulty that taught you something, or blessed you generally. Be descriptive. If you can, tell of God's wonderful deeds to the group. If you're hard pressed to think of something, work hard to come up with something. Learning gratitude can be hard work! You can even use a formal thank you note if you want.