



# “Now Thank We All Our God”

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Pastor Bear Clifton

*Is thanksgiving something that chooses you, or do you choose it?*

## I. Why Should I Practice The Discipline Of Gratitude?

1. Practicing gratitude improves my \_\_\_\_\_ and \_\_\_\_\_.

*What parts of my life does gratitude impact for the better?*

2. Practicing gratitude helps you face and overcome \_\_\_\_\_.

*Why are Christians to “count it all joy” when we suffer?*

a. Because we don’t suffer \_\_\_\_\_.

b. Because when we suffer we can \_\_\_\_\_.

c. Because suffering cannot \_\_\_\_\_ us  
or \_\_\_\_\_ us.

3. Practicing gratitude helps you avoid the death-spiral of \_\_\_\_\_.

*Feeling sadness or anger isn’t the problem. What’s the problem?*

*How do you know the death-spiral is happening to you?*

a. You can see it on \_\_\_\_\_.

b. It prevents you from seeing \_\_\_\_\_  
that’s right in front of you.

c. It brings other people \_\_\_\_\_.

## II. How Do I Grow In The Discipline Of Gratitude?

1. Start by \_\_\_\_\_ daily.

2. Ask Jesus to \_\_\_\_\_ you to do this.

3. Don’t forget to thank God for his \_\_\_\_\_.