

Choose Gratitude

Matthew 11:25-30

SERMON NOTES AND DISCUSSION QUESTIONS

I. Introduction:

Running on Empty

II. Receive: Emptiness can be the condition of Thanksgiving

1. Hebrews 4 & 5
2. Matthew 11

III. Understand the Dynamics of Gratitude

1. Benefit: It's a Good Gift.
2. Benefactor: It is given not earned.
3. Beneficiary: You receive it.

IV. Praying with Jesus

1. Knowing the Father
 - i. *Eucharista - Charis - Exomologeo*
2. All is Grace
3. I am beloved

V. You can choose Gratitude

1. You can't force it, but you don't have to.
2. It's not always easy, but it's worth it.
3. Following Jesus: More than an example: Savior

Discussion Questions

Sharing Life Together

1. In what ways do you feel like you are running on empty or at least a little low?
2. What are five things you are thankful for in 2021?

Reflecting on the Message Together

Read Matthew 11

1. What do you think Jesus felt when he heard the question from John the Baptist?
2. Do you think Jesus could have felt emotionally drained and disappointed because of the question of John the Baptist and the response of the villages of Bethsaida, Chorazin, and Capernaum? Why or why not?
3. Why can't we force the experience of Gratitude?
4. Why and how can we cultivate a sense of Gratitude? Why and how is this different than forcing Gratitude?
5. Defend this statement: life is fundamentally a gift.
6. How can Jesus help us cultivate gratitude?
7. How did God speak to you through the message?
8. How can we pray for one another?