

The  
**HEAVENS  
DECLARE**  
The  
**GLORY**

● **WARM UP**

Gratitude could be defined as being extremely grateful and appreciative of some favour or service rendered. All too often the grateful feeling of appreciation that is experienced is internalised but, sadly, not expressed. As men we sometimes need to be encouraged to verbalise feelings of appreciation in an **attitude of gratitude**.

● **READ** 1 Thessalonians 5:18; 2 Samuel 9:1

● **BACKGROUND**

Ninety-two-year-old Mrs Jones sat in the lobby of the nursing home, waiting to be moved to a single room. Her husband of 70 years had passed away, making the move necessary. Mrs Jones was legally blind. After waiting patiently for many hours she smiled sweetly when told that things were now ready. A worker gave a visual description of her tiny room. "I love it," Mrs Jones stated with the enthusiasm of a child. "But you haven't seen the room," the worker replied. "That doesn't have anything to do with it," Mrs Jones said. "Every morning I decide to be positive and to express my gratitude for every blessing I've received from the Lord." A blind woman had learned the secret of gratitude and how to express it.

● **QUESTIONS**

- 1 Can you think of ways in which you can verbally express your gratitude to your wife, parents, pastor, boss etc?
- 2 Words of gratitude and affirmation are powerful. Relate this to Proverbs 18:21 and discuss.

- 3 When you practise the art of expressing gratitude for everything, what does that do for you and for those on the receiving end?
- 4 This is not a question but a challenge! Write down the names of five people, and this week go out of your way to sincerely express your gratitude to them for being who they are, or for something they have done for you.

● **CONSIDER THIS**

Attitudes are infectious. Is yours worth catching? Will you one day be remembered for the way you encouraged others and always had an **attitude of gratitude**? Ask the Lord to help you develop "feet" for your gratitude.

The 5th Promise of a Promise Keeper is "Supporting the mission of his church by honouring and praying for his pastor and by actively giving his time and resources." Having an attitude of gratitude for your pastor and expressing it is also a great way of supporting them.

**What is God saying to me?**

● **LET'S PRAY**

● **REAL LIFE STORIES OF GOD'S POWER**



*Approximately 10 years ago I was doing some work and got a piece of steel in my eye, right through the retina. At Bill's meeting in Wanaka he made a call for people to stand with eye problems. I stood and said, "Lord, I don't just want my eyes healed, I want a miracle". I woke up the next morning and the steel had totally gone from my eye. Alex*