

Life-Link Study #44 (11b)

Thank you Jesus

INTRODUCTION

“Thank You Jesus,” – such a simple thought that has massive potential and power in our lives. When we live thankful lives unto God, we demonstrate the value and worth we place in our relationship with Him and realign our value system. When we worship God, we are telling God His worth in our lives. Speaking or confessing His praises also aligns us with the will of God, the word of God and the spirit of God.

Psalm 100:4, Hebrews 13:15

Leader’s tip: *Use these questions to promote conversation and connection.*

ICEBREAKER: What was the best Christmas or birthday present you received as a child? How did you react when you opened it?

1. Advantages of Gratitude:

When we find it difficult to be thankful or to encourage or give praise, usually, it is because we are wrapped up in ourselves. The power of thanksgiving does something beautiful in our lives and releases the true value and worth of our lives. In thanksgiving, while it costs us, we receive a spirit of generosity, which opens doors to God’s presence, His word, His purpose, and miracle working power in our lives.

Q: How did you recently show appreciation to someone, and what was his or her response?

Q: What makes you feel appreciated? What are some great ways to show appreciation?

2. In everything give thanks – 1 Thess. 5:18

Appreciating or praising God helps us overcome negativity and defeat in our lives and relationships. Scriptures set a pattern to always be thankful, for all things and in everything to give thanks. When we say “thank you” or appreciate or encourage others we soften people’s hearts and build them up. Silence can be extremely loud; when we withhold appreciation and encouragement it can be soul destroying.

Let us always be thankful and keep a life giving spirit, one that is aligned with the word, Spirit, purpose and will of God, that demonstrates appreciation to our God and everyone He brings into our lives.

Q: On a scale of 1-10, how grateful and appreciative are you in life? What steps can you take to increase your level of gratitude?

Q: What have you learnt about praising God in difficult times?

BIBLE Example: *Use these questions and scriptures to help believers develop a biblical worldview.*

Read Acts 16:22-34

Q: How were Paul and Silas able to praise God in their circumstances?

Q: What were the results of their action in this situation?

Q: What can we learn from Paul and Silas for our own circumstances?

Read Colossians 1:3-8, 2 Timothy 1:3, Romans 1:8, 1 Corinthians 1:4

Q: What things were Paul giving thanks for?

Q: Why do you think he is grateful for these things?

Q: Why did he thank God instead of directly thanking the people?

Read 1 Thessalonians 5:16-18, Philippians 4:6-7

Q: How can we apply what these passages say about thanksgiving and rejoicing in our lives?

Saying “thank you” energizes relationships, and will also put a fresh heart in us, invigorate our work, enliven our speech, strengthen our vision, and change our outlook. A lack of appreciation in our lives can shrivel us, but so can a lack of giving appreciation.