



GRATITUDE CHECK

A MESSAGE SERIES AT JOURNEY

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¹⁸ “Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” 1 Thessalonians 5:18 NLT

Gratitude is a lifestyle that shapes how we see God and how we live. When we choose gratitude, it changes our perspective, our peace, and the atmosphere around us. We’ve got to move from simply feeling thankful to living thankful.

GRATITUDE IN THE GRIND:

- Gratitude begins in the middle of whatever you’re facing.
- Gratitude isn’t rooted in what’s happening around you—it’s anchored in what God is doing within you.
- When you choose thankfulness in every circumstance, you invite peace and perspective into the chaos.

GRATITUDE RELEASES PEACE.

⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:4–9 NLT

- When we pray with thanksgiving, God’s peace guards our hearts and minds. Gratitude doesn’t remove the struggle—it reframes it.

GRATITUDE IS A DAILY CHOICE, NOT A SEASONAL RESPONSE.

- It’s not just for when life feels good—it’s how we stay grounded when life gets heavy.
- Have you ever thanked God for the hardships?

GRATITUDE SHIFTS YOUR FOCUS FROM PROBLEMS TO PROMISES.

When you thank God in it, you remind your heart that He’s still working through it.

- God promises to be with you, never to leave you, and to guide you.
- He promises to provide for your needs and deliver you from temptation.
- God promises to strengthen you when you are weak and comfort you in your trials.
- He promises to forgive your sins when you confess them and offers salvation to those who believe in Jesus Christ.
- God promises to give you rest and peace that guards your heart and mind.

Takeaway: Gratitude starts before the blessing comes. It’s thanking God while you wait, not just after He moves.

COMMUNION – It’s a great time to say thank you! We take time to remember what Jesus did and how much Jesus loves us.

²⁶ As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take this and eat it, for this is my body.” ²⁷ And he took a cup of wine and gave thanks to God for it. He gave it to them and said, “Each of you drink from it,” ²⁸ for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many. ²⁹ Mark my words—I will not drink wine again until the day I drink it new with you in my Father’s Kingdom.” ³⁰ Then they sang a hymn and went out to the Mount of Olives. Matthew 26:26–30 NLT