

5. ENJOY

*"There is nothing better for people than to be happy in their work.
That is why they are here! No one will bring them back from death
to enjoy life in the future."
– Ecclesiastes 3:22*

*"(A Psalm of Thanksgiving) Shout with joy to the LORD, O earth!
Worship the LORD with gladness. Come before him, singing with
joy. Acknowledge that the LORD is God! He made us, and we are his.
We are his people, the sheep of his pasture. Enter his gates with thanksgiving;
go into his courts with praise. Give thanks to him and bless his name.
For the LORD is good. His unfailing love continues forever, and his
faithfulness continues to each generation."
– Psalm 100*

MY NEXT STEP TODAY IS TO...

- ☐ Memorize Philippians 2:14.
- ☐ Accept the "1 Week No Complaints Challenge."
- ☐ Use my Message Notes to apply the 5 Steps of Gratitude to my life this week.
- ☐ Join the "In the Beginning" class that meets on Sunday mornings at 9 a.m.

Tune into our website or app to listen to previous messages at
www.fccof.com/sermons-2.

Join us next Sunday as we conclude our teaching series
"Tongue Pierced" with "Words That Last."



THE ART OF GRATEFULNESS

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*"As Jesus continued on toward Jerusalem, he reached the border
between Galilee and Samaria. As he entered a village there, ten lepers
stood at a distance, crying out, 'Jesus, Master, have mercy on us!' He looked
at them and said, 'Go show yourselves to the priests.' And as they went, their
leprosy disappeared. One of them, when he saw that he was healed, came
back to Jesus, shouting, 'Praise God, I'm healed!' He fell face down on the ground
at Jesus' feet, thanking him for what he had done. This man was a
Samaritan. Jesus asked, 'Didn't I heal ten men? Where are the other nine?
Does only this foreigner return to give glory to God?' And Jesus said to
the man, 'Stand up and go. Your faith has made you well.'"
– Luke 17:11-19*

5 TRUTHS ABOUT GRATEFULNESS FROM LUKE 17:

- It's easy to _____ during the good times. (v. 17)
- God blesses the _____ and the _____ alike. (v. 14)
- It matters to Jesus whether or not I say _____. (vv.17-18)
- Grateful words reflect _____. (v. 19)
- Grateful words lead to _____. (v. 19)

5 STEPS TO DEVELOPING AN ATTITUDE OF GRATITUDE:

1. PRAISE _____

*"But as for me, I will sing about your power. I will shout with joy
each morning because of your unfailing love."*
– Psalm 59:16

2. REMOVE _____

Memory Verse

"In everything you do, stay away from complaining and arguing."
– Philippians 2:14

3. INCORPORATE _____

"Pray without ceasing."
– 1 Thessalonians 5:17

*"Pray at all times and on every occasion in
the power of the Holy Spirit."*
– Ephesians 6:18

4. SAY _____

*"One of them, when he saw that he was healed, came back to Jesus,
shouting, 'Praise God, I'm healed!' He fell face down on the
ground at Jesus' feet, thanking him for what he had done."*
– Luke 17:15-16