

**PART 1: Gratitude**

**DATE: 10-30-2022**

### START

If we are honest with ourselves, there is a lot that we have to be thankful for in our lives. Even when it seems like everything in life is falling apart, we can still be thankful. Gratitude doesn't come naturally for us. We have to learn to cultivate, learn, and practice gratitude.

- What do you have gratitude about in your life?
- When is it hard for you to be thankful?
- How can you cultivate gratitude in your life?

### READ

[Colossians 3:15](#) (NIV)

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

### THINK

We are all called to teach and admonish (to strongly encourage). It doesn't matter what degree you have, what title you have, or how long you have been following Jesus. We are called to teach and admonish with thankfulness.

- Where do you feel inadequate when it comes to teaching and admonishing?
- How can you prepare yourself to better teach and encourage others?
- How can teaching and encouraging others cultivate gratitude in your life?

Jesus was consistently giving gifts and challenges in His time on earth. He continues to give and challenge us through the Holy Spirit. These challenges continue to grow our faith and trust in Jesus.

- When has Jesus challenged you?
- How has His challenge increased your faith and trust in Jesus?
- What prevents you from accepting Jesus' continued challenges in your faith?

### PRAY

"God, help me cultivate gratitude in my life. As my gratitude continues to grow, help it overflow into generosity towards you and others in my life."

### ACT

This week, pick up a gratitude journal at your TCC campus if you haven't already. Begin a 30-day journey, working through the gratitude journal.

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