



# GRATITUDE

*A Got Questions Ministries Mini Bible Study*





# ***Table of Contents***

Lesson 1: Gratitude Day One .....	4
Lesson 2: Gratitude Day Two.....	7
Lesson 3: Gratitude Day Three .....	10
Lesson 4: Gratitude Day Four.....	13
Lesson 5: Gratitude Day Five.....	16
Lesson 6: Gratitude Day Six .....	19
Lesson 7: Gratitude Day Seven.....	22
Wrap Up .....	25

# *How to Use This Mini Bible Study*

*Welcome to the Got Questions Ministries Bible Study! We're so glad you're here!*

In these studies you will find content questions to grow your understanding, Bible search questions to dig deeper, and heartfelt questions to spark reflection and discussion. Whether you are a new or seasoned believer, using these Bible studies for personal study or as a small group/Sunday School resource, we hope you will increase in your understanding of what it means to be a follower of Christ and that you will seek Him more passionately.

*You will seek me and find me when you seek me with all your heart.*  
– Jeremiah 29:13

These Bible studies are tools to help you grow in your knowledge of the topics at hand. However, knowing about God is not the same as actually knowing Him. God invites each of us to know Him personally and to

Throughout this study, there will be information to read and questions to answer. Next to the questions will be icons. Here is your key to understanding them:



Content Qs



Engage Qs



Bible Look Up Qs



Reflection Qs

have eternal life through Him.

If we place our faith in Him, trusting in His death on the cross to pay for our sins, we will be forgiven and receive the promise of eternal life in heaven.

*For God so loved the world that he gave his one and only Son so that anyone who believes in him will not perish but have eternal life.*  
– John 3:16

If you have not yet trusted in Him for salvation or are unsure if you are saved, please visit: [www.gotquestions.org/eternal-life.html](http://www.gotquestions.org/eternal-life.html).

May God richly bless you as you seek to study His Word and grow in your walk with Him (Joshua 1:8)!





# Lesson 1:

## GRATITUDE DAY ONE

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

*1 Thessalonians 5:16-18*

*Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

*Ephesians 5:19-20*



**Read the passages above. What do these verses reveal about giving thanks?**



**Why is giving thanks in all things God's will for us?**



***When has giving thanks to God been difficult for you? How did that impact your outlook on your situation?***



***How does giving thanks to God change our outlook on life and our circumstances?***



***Reflect on the circumstances of your life. How are you giving thanks to God in all circumstances?***



***If you are not giving God thanks in all circumstances, pour your heart out to God. Ask Him to reveal what is keeping you from giving thanks and ask Him to change your heart even if circumstances stay the same. Write down what you can be thankful for.***



# Lesson 2:

## GRATITUDE DAY TWO

*Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*

*Colossians 3:15-17*



***Read the passage above. What do these verses reveal about being thankful?  
How is thankfulness expressed in these verses?***



***How is thankfulness expressed in your own life?***



***What is the connection between our hearts and our actions?***





***In what ways do your actions reflect gratitude?***



***What do your actions and words reveal about your heart? Do they express a heart of gratitude? In what areas of your life is God calling you to cultivate gratitude?***



# Lesson 3:

## GRATITUDE DAY THREE

*Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, “Jesus, Master, have pity on us!”*

*When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.*

*One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him—and he was a Samaritan.*

*Jesus asked, “Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?” Then he said to him, “Rise and go; your faith has made you well.”*

*Luke 17:11-19*



**Read the passage above. Which of the lepers responded in gratitude? How was that expressed?**



***Why is it important to communicate and display gratitude?***



***Think of a time when you did something kind or worth recognizing and no one thanked you for it. What did that cause you to think or feel?***



***How does gratitude (or lack of it) express faith (or lack of it)?***



***For what specifically have you been thanking God lately? For what can you thank God today?***



# Lesson 4:

## GRATITUDE DAY FOUR

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Yet it was good of you to share in my troubles.*

*Philippians 4:6-7, 10-14*



***Read the verses above. What do they reveal about how gratitude changes our attitudes and perspectives?***



***What is the connection between gratitude, contentment, and peace?***



***Think about your present circumstances. Are they characterized by peace or anxiety? In what ways does gratitude or ungratefulness impact your outlook?***



***How is contentment different than complacency?***



***What truths or specific aspects of God's character allow you to be content in all circumstances? Write down and thank God for these truths.***



# Lesson 5:

## GRATITUDE DAY FIVE

*It is good to praise the Lord  
and make music to your name, O Most High,  
proclaiming your love in the morning  
and your faithfulness at night,  
to the music of the ten-stringed lyre  
and the melody of the harp.*

*For you make me glad by your deeds, Lord;  
I sing for joy at what your hands have done.  
How great are your works, Lord,  
how profound your thoughts!  
Senseless people do not know,  
fools do not understand,  
that though the wicked spring up like grass  
and all evildoers flourish,  
they will be destroyed forever.*

*But you, Lord, are forever exalted.  
For surely your enemies, Lord,  
surely your enemies will perish;  
all evildoers will be scattered.  
You have exalted my horn like that of a wild ox;  
fine oils have been poured on me.  
My eyes have seen the defeat of my adversaries;  
my ears have heard the rout of my wicked foes.*

*The righteous will flourish like a palm tree,  
they will grow like a cedar of Lebanon;  
planted in the house of the Lord,  
they will flourish in the courts of our God.  
They will still bear fruit in old age,  
they will stay fresh and green,  
proclaiming, "The Lord is upright;  
he is my Rock, and there is no wickedness in him."*

*Psalm 92*



**Read the above psalm. What does it reveal about gratitude?**





***Why is it good to give thanks for specifics of who God is and what He has done morning and evening (and throughout the day)?***



***For what have you thanked God yesterday morning and evening? If you haven't, what can you thank Him for tomorrow?***



***“For you make me glad by your deeds, Lord; I sing for joy at what your hands have done.” Psalm 92:4***

***Gratitude requires us to recount specifics of what God has done or who He is. Doing so changes our perspective regarding our circumstances and brings joy.***

***How have God’s character and works brought you joy?***



# Lesson 6:

## GRATITUDE DAY SIX

*Come, let us sing for joy to the Lord;  
let us shout aloud to the Rock of our salvation.  
Let us come before him with thanksgiving  
and extol him with music and song.*

*For the Lord is the great God,  
the great King above all gods.  
In his hand are the depths of the earth,  
and the mountain peaks belong to him.  
The sea is his, for he made it,  
and his hands formed the dry land.*

*Come, let us bow down in worship,  
let us kneel before the Lord our Maker;  
for he is our God*

*and we are the people of his pasture,  
the flock under his care.*

*Today, if only you would hear his voice,  
“Do not harden your hearts as you did at Meribah,[a]  
as you did that day at Massah in the wilderness,  
where your ancestors tested me;  
they tried me, though they had seen what I did.  
For forty years I was angry with that generation;  
I said, ‘They are a people whose hearts go astray,  
and they have not known my ways.’  
So I declared on oath in my anger,  
‘They shall never enter my rest.’”*

*Psalm 95*



**Read the psalm above. What does it reveal about gratitude in community?**



***Why is community so important in cultivating and expressing gratitude both for God and for others?***



***How has living in community encouraged you or challenged you to be grateful?***



***How can you encourage someone today who is struggling in his or her circumstances toward gratitude?***



# Lesson 7:

## GRATITUDE DAY SEVEN

*Shout for joy to the Lord, all the earth.  
Worship the Lord with gladness;  
come before him with joyful songs.*

*Know that the Lord is God.*

*It is he who made us, and we are his;  
we are his people, the sheep of his pasture.*

*Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.*

*For the Lord is good and his love endures forever;  
his faithfulness continues through all generations.*

*Psalm 100*



***Read the psalm above. Why are we to enter the Lord's presence with thanksgiving?***



***For what in this psalm does the psalmist give gratitude?***



***Of all of God's characteristics, what are you most grateful for?***



***How does your gratitude impact your prayers? Your attitudes? Your interactions with others? Is there anything that needs to change?***



***Gratitude greatly changes our perspectives and attitudes. It does not mean you ignore your circumstances and pretend like everything is okay. It means intentionally reflecting on what you can be thankful for. There is always something to be thankful for. Doing so changes your heart, your attitudes, and your perspective.***

***Where is your heart currently? If it needs redirection, list out what you can be thankful for. If it is currently thankful, share what you are thankful for with someone today! It might help change their heart, attitudes, and perspective too!***





# Wrap Up

Now that you have studied seven lessons on gratitude, take some time to reflect on what you've learned and how you will put what you've learned into practice.



***How has your understanding of gratitude changed or expanded as a result of what you've learned through this study?***



***What will you change in your life as a result of this study?***



***Who in your life would you like to see grow in their understanding of gratitude? Commit to praying for them. What will you share with them about what you have learned?***