

## Cultivating a Heart of Thankfulness: Lessons from Colossians 3

### Summary

In today's sermon, Pastor Thomas delves into Colossians chapter three, emphasizing the importance of cultivating a thankful heart as part of our Christian character. He highlights that thankfulness is a skill that can be developed, much like listening, and is crucial for living a life that reflects Jesus. Pastor Thomas shares personal experiences and biblical teachings to illustrate how gratitude can transform our lives, urging us to focus on eternal things rather than earthly desires. He reminds us that thankfulness is intertwined with peace and encourages us to practice gratitude in all circumstances, recognizing God's provision and presence in our lives.

### Intro Prayer

Heavenly Father, we come before You with open hearts, ready to receive Your word. Help us to be attentive and receptive to what You want to teach us today. May we grow in gratitude and learn to see Your hand in every aspect of our lives. Amen.

### Ice Breaker

What is one thing you are thankful for this week?

### Key Verses

1. Colossians 3:1-2
2. Colossians 3:15-17
3. Deuteronomy 8:10-18

### Questions

1. What does it mean to set your hearts on things above?
2. How can we develop the skill of being thankful in our daily lives?
3. Why do you think thankfulness is described as a skill?
4. How does focusing on others help us cultivate gratitude?
5. What are some practical ways to remind ourselves of God's provision?
6. How can singing and worship contribute to a thankful heart?
7. What role does forgiveness play in achieving peace and gratitude?
8. How can we avoid becoming proud and forgetting God's blessings?

### Life Application

This week, make a conscious effort to express gratitude daily. Start a gratitude journal and write down three things you are thankful for each day. Reflect on how this practice affects your mindset and interactions with others.

**Key Takeaways**

1. Thankfulness is a skill that can be developed and is essential for Christian living.
2. Focusing on eternal things helps us cultivate gratitude.
3. Peace and thankfulness are interconnected.
4. Gratitude often grows out of recognizing God's provision in our lives.
5. Practicing gratitude can transform our perspective and relationships.

**Ending Prayer**

Lord, we thank You for the time we've spent together reflecting on Your word. Help us to carry the lessons of gratitude into our daily lives. May we always remember Your goodness and share Your love with others. In Jesus' name, we pray. Amen.