

**New Faith Church**  
**Rev. Dr. Andre J. Lewis, Pastor**

**Bible Study:**  
**Handout: The Discipline of Gratitude (2)**

**Sermon Text:** 1 Thessalonians 5:16-18 (NIV)

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

**Introduction**

Paul’s words challenge us to live lives marked by joy, prayer, and gratitude. These are not suggestions—they are commands for victorious Christian living. Gratitude is not dependent on circumstances but on our faith in God’s sovereignty and goodness.

**Key Points:**

**1. Gratitude Aligns Us with God “–This Is God’s Will” (Verse 18b)**

- **Aligned with God’s Purpose:** Gratitude aligns our hearts with His design for a flourishing life. (Proverbs 3:5-6)
- **Gratitude Reflects God’s Glory:** It shines as a testimony to His goodness. (Matthew 5:16)
- **Illustration:** Gratitude is like a *car alignment*—it makes life’s journey smoother and more purposeful.

**Reflection Question:** In what areas of life can you better align with God’s will through gratitude?

**Notes:**

## 2. Gratitude Through the Gospel “–Empowered by Christ” (Verse 18c)

- **Union with Christ:** Gratitude flows from the gospel—Jesus’ death and resurrection reconcile us to God. (John 15:5, Romans 5:8)
- **Empowered by the Spirit:** Gratitude is a fruit of the Spirit’s work in our lives. (Galatians 5:22-23)
- **Illustration:** Like a *lamp plugged into a power source*, gratitude is powered by Christ and the Holy Spirit.

**Reflection Question:** How does the gospel shape your daily gratitude?

**Notes:**

### **Memory Verse:**

*“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