

Gratitude and Appreciation

Gratitude means The condition or quality of being grateful; an emotion or sentiment of thankfulness. A warm sense of appreciation for a kindness received; accompanied by a feeling of good will toward the benefactor, and a desire to repay the favor.

Appreciation means gratitude; thankful recognition. The act of estimating the qualities of things and giving them their proper value. Clear perception or recognition, especially of aesthetic quality: a course in art appreciation. An increase or rise in the value of property, goods, etc. Critical notice; evaluation; opinion, as of a situation, person, etc.

List about a time you felt grateful but not appreciative

List about a time you felt appreciative but not grateful

List about a time you felt both appreciative and grateful

Gratitude and Appreciation

What can we discover in God's Word about Gratitude?

Colossians 3:17

1 Thessalonians 5:18

Psalms 136:1

What can we learn about Appreciation and showing it to others, even God?

Colossians 3:16

Philippians 4:8

Psalms 107:8

Romans 1:8

Romans 16:1-2

1 Corinthians 16:15-18

1 Corinthians 8:1-5

In **Exodus 32**, we see an example of a nation that was grateful but not appreciative. After the Israelites deliverance from Egypt, What did they do that proved they were not appreciative anymore?

What could they have done differently?

When we are serving others then get no appreciation, has something change in your heart? Are you still able to be grateful to be able to serve them? Or did the lack of appreciation turn your heart into an entitlement thing? The Israelites had forgotten what they were grateful for and their appreciation turned into an entitlement. Have you ever seen yourself in the example of the Israelites? Explain.

How can we turn that around? When we have the Word in our heart, we can Recall them when needed and Claim outloud! Let's look at some scriptures we can hold in our heart.

Romans 12:12

Philippians 4:4

1 Thessalonians 5:18

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