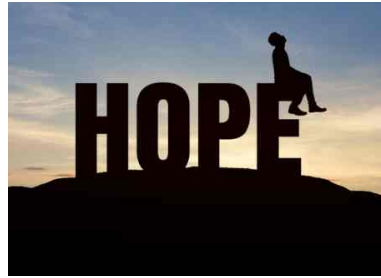


## HOPE: An Expression of Gratitude



***What are you grateful for today?***

***READ:*** Psalm 92:1-8

- It is good to give thanks to the Lord,  
to sing praises to the Most High.  
<sup>2</sup> It is good to proclaim your unfailing love in the morning,  
your faithfulness in the evening,  
<sup>3</sup> accompanied by a ten-stringed instrument, a harp,  
and the melody of a lyre.  
<sup>4</sup> You thrill me, Lord, with all you have done for me!  
I sing for joy because of what you have done.  
<sup>5</sup> O Lord, what great works you do!  
And how deep are your thoughts.  
<sup>6</sup> Only a simpleton would not know,  
and only a fool would not understand this:  
<sup>7</sup> Though the wicked sprout like weeds  
and evildoers flourish,  
they will be destroyed forever.  
<sup>8</sup> But you, O Lord, will be exalted forever.

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In everything give thanks;  
for this is the will of God in Christ Jesus for you.  
1 Thessalonians 5:18

*"Gratitude is one of the strongest and most transformative states of being it shifts your perspective from lack to abundance and allows you to focus on the good in your life, which in turn pulls more goodness into your reality."*  
Jen Sincero

***REFLECT:*** How can the Hebrew idea of "Hakarot HaTov" make a huge difference in your life?

The prophet Jeremiah recognized that...  
The faithful love of the LORD never ends  
His mercies never cease.  
Great is his faithfulness;  
his mercies begin afresh each morning.  
I say to myself, "The LORD is my inheritance;  
therefore, I will hope in him!"  
Lamentations 3:22-24

How is this true in your life?



**RESPOND:** Making Gratitude a Habit!

**3 Good Things Exercise**

What are you thankful for and why is that so? (pick 2-3 items)

**A. Try reflecting on some of things below to help you begin this practice:**

- the people in your life,
- the animals or pets in your life,
- health and the health of those around you,
- free and natural resources that you have (air, water, sunshine, rain etc)
- the shelter you have,
- the knowledge you have,
- the experiences you've had and continue to have,
- the food you have,
- the resources available to you,
- the support you have,
- the opportunities you have,
- the talents & abilities you have,

**B. Express Thanks to Others**

... who can I express appreciation to today?

**C. Make being Grateful a habit!**

Mentally list 2-3 specific things or people you're grateful for that day during one of your regular daily routines.

**Respond & Apply:** Individual & Small Group Discussion Guide

Key Question: How is the Holy Spirit leading you each day?

But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) <sup>10</sup> And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. <sup>11</sup> The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

<sup>12</sup> Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. <sup>13</sup> For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live.

<sup>14</sup> For all who are led by the Spirit of God are children of God.  
Romans 8:9-14

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**Jesus: The Hope of the World - ADVENT Calendar**

November 27 – HOPE: An Expression Of Gratitude

December 4 – PREPARATION: What Are You Looking For?

December 11 – JOY: What Creates Joy In Us?

December 18 – LOVE: Where Does God's Love Show Up?

December 24 - Christmas Eve Service, 4:00 pm

December 31- New Year's Eve Prayer Service, 4:00 pm

*\*We will not be gathering to worship on Sunday, December 25 or Sunday, January 1.*

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NewDay Envisioning Our Ministry Values

**1. We are a community that has a passion to serve others.**

**2. We are a community that longs for deeper life relationships  
With God and others.**

**3. We are passionate about investing in children, youth, and families.**

**4. We are a people who have a desire to be led by and experience  
the power of the Holy Spirit in everyday life.**

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**FIND OUT MORE...** [newdaycov.org](http://www.newdaycov.org)

(Online giving: <http://www.newdaycov.org/give>)