



H6: Legacies of Gratitude

1. Be grateful for what ____.
2. Be grateful that God is in the _____.
3. Be grateful for God's _____.



Bethany and Jamie

Former Lasting Freedom Members

“to do” this week:

- Activity Sheet:* Complete “I am grateful for...” worksheet and share with a trusted friend.
- Journal Prompt:* List one thing about your body and/ or your recovery journey that you are thankful for and why.

Notes:

this week's Word:

“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

- 1 Thess. 5:16-18 (NIV)

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I'm grateful for...

Consider God's movement in your life so far, and in what you hope for in the future.
If using this in a group setting, please complete **BEFORE** your next meeting.



I am grateful for what IS: *(Consider how your body—even in its current state—is a gift...)*

Because God can take care of the details, I can let go of... *(List at least one thing you would be willing to surrender if you could trust that God is big enough to carry it for you)*

I am grateful for WHO God is: *(List at least one element of God's character that you are grateful for)*

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

1 Thess. 5:16-18 (NIV)



"But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous."

1 John 2:1 (ESV)



"But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved."

Ephesians 2:4-5 (NIV)



"The Lord is compassionate and merciful, slow to get angry and filled with unfailing love."

Psalms 103:8 (NLT)



"But God's not finished. He's waiting around to be gracious to you. He's gathering strength to show mercy to you. God takes the time to do everything right—everything."

Isaiah 13:18a (MSG)



"He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power."

Hebrews 1:3 (ESV)



"But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace."

James 3:17-18 (ESV)



TRANSLATION KEY

NIV—New International Version

NLT—New Living Translation

ESV—English Standard Version

MSG—The Message

HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

They're also great for sharing...



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