



## Get Better Week 1 – Gratitude Spiritual Formation Guide

Most groups are using the Get Better group material during this series, so this handout includes only the main points and scriptures from the message. If you'd like to use the booklet resource on your own, visit [www.wschurch.org/better](http://www.wschurch.org/better) to get a digital booklet as a pdf. For questions about getting connected to a group, reach out to [michaels@wschurch.org](mailto:michaels@wschurch.org).

### Message Main Points and Scripture:

- 2 Timothy 3:2 – “You should know, Timothy, that in the last days there will be very difficult times. For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and UNGRATEFUL.”
- Colossians 3:15-17 - “Always be THANKFUL. Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with THANKFUL HEARTS. And whatever you do or say, do it as a representative of the Lord Jesus, GIVING THANKS through him to God the Father.”
- **Gratitude is about posture, not people or possessions.**
- **It's hard to be grateful for anything when you believe you are entitled to everything.**
- John 10:10, The Message - “I came so they can have real and eternal life, more and better life than they ever dreamed of.”
- **Some reasons you and I have to be thankful:**
  - **God's provision**
  - **God's providence**
  - **God commands it**
- Acts 5:41 – “The apostles left the high council rejoicing that God had counted them worthy to suffer disgrace for the name of Jesus.”
- 1 Thessalonians 5:18 – “Give thanks in all circumstances, for this is God's will for you in Christ Jesus.”
- Psalm 30:12 - “You turned my wailing into dancing. You removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever.”
- **“Thank you, Lord.”**
- Philippians 1:3 “Every time I think of you, I give thanks to my God.”
- John 9:3 - “It was not because of his sins or his parents' sins. This happened so the power of God could be seen in him.”