

# BE WITH JESUS

## WORSHIP & GRATITUDE

**Celebrating God for all He is and all that He has done.  
Taking the time to love God with all my heart, mind, soul, and strength.**

- Welcome, Review
- Group Check-In
- Message
- Group Study
- Practice the Practice
- Closing Prayer

This Week's Key Verse to Think About, Soak in, and Memorize:

*You are worthy, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they were created and have their being. **Revelation 4:11***

More Resources to Explore!

See the Spiritual Growth Section of the Twin Cities Church website:

[www.twincities.church/spiritual-growth-be3](http://www.twincities.church/spiritual-growth-be3)

Click on the "Worship & Gratitude" picture to find many helpful resources.

## WORSHIP & GRATITUDE

All of us experience seasons when gratitude feels natural and seasons when it feels nearly impossible. Life can bring moments of joy and celebration, but it can also bring hardship, illness, disappointment, and loss. In difficult seasons especially, the question often arises: Is there still something to be grateful for? Can we still worship when life feels heavy?

The practice of worship and gratitude invites us to intentionally turn our hearts toward God and recognize His goodness, presence, and faithfulness. Worship is simply acknowledging God's worth - celebrating who He is and what He has done. Gratitude grows from that recognition.

Even in painful or uncertain seasons, worship reorients the heart toward God's goodness. Instead of focusing only on what is broken or missing, worship and gratitude train the soul to notice God's presence, provision, and grace that remain constant. It's about choosing to lift attention toward God, and trust that He is worthy of praise in every season of life.

### What the Bible Says About Worship and Gratitude

Scripture consistently calls God's people to live with hearts of worship and gratitude. Worship is not limited to singing songs in church; it is a posture of the heart that recognizes God's goodness, grace, and love. Psalm 100 invites God's people to approach Him with thanksgiving:

**Psalm 100:4-5** *Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the LORD is good and His love endures forever; His faithfulness continues through all generations.*

Even from a Roman prison the Apostle Paul encourages followers of Jesus to be filled with joy!

**Philippians 4:4** *Rejoice in the Lord always. I will say it again: Rejoice!*

Paul wants us to celebrate not because life is without suffering, but because God is always worthy of praise. Unshakeable joy comes from knowing, that no matter the situation, God is working for our ultimate good (Romans 8:28).

### A Biblical Example – Jesus as a Worshiper

Jesus consistently modeled a life of worship and gratitude, even during difficult and painful moments. A powerful example of this is during the Last Supper, on the night before His crucifixion. Jesus knew that suffering was coming. He knew one of His disciples would betray Him, and the others would soon scatter in fear. Yet in that moment, Jesus chose to thank the Father and express gratitude.

**Luke 22:17-19** *After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes." And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."*

Even as Jesus faced the cross, His heart was oriented toward thankfulness and trust in the Father. We see this same spirit earlier in His ministry when people rejected His message. Instead of becoming discouraged, Jesus praised God for His work and purpose.

**Luke 10:21** *At that time Jesus, full of joy through the Holy Spirit, said, 'I praise You, Father, Lord of heaven and earth...'*

Jesus also thanked the Father before performing miracles - like when He multiplied food for the crowds or when He raised Lazarus from the dead. His life showed deep trust in God's goodness and gratitude for the Father's work. Jesus showed that worship is not dependent on circumstances. It flows from a heart that trusts God and honors Him above everything else.

### **Why Worship and Gratitude Matters**

Jesus taught that loving God is the most important calling in life.

**Matthew 22:37-40** *"Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments."*

At the center of the Christian life is a relationship of love with God. Worship and gratitude are two of the primary ways that love is expressed. Worship is the act of recognizing God's worth. The word "worship" itself comes from the idea of "worth-ship" - declaring that God is worthy of honor, praise, and devotion because of who He is and all He has done.

Throughout creation, God's glory is constantly being proclaimed. The heavens, the earth, the stars, and the angels all testify to the greatness of their Creator.

**Revelation 4:8-11** *Day and night they never stop saying: 'Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come.'*

God, as the Creator and sustainer of all things, deserves honor and praise. But worship and gratitude are not only important to God - they are deeply important for us as well. When hearts turn toward worship and gratitude, perspective begins to shift. Attention moves away from anxiety, scarcity, and frustration and toward God's goodness and faithfulness. Gratitude grows, and with it comes joy, contentment, and peace. Worship and gratitude help anchor the heart in God's presence and remind us that even in hard seasons, His love and faithfulness are constant.

### **What It Looks Like to Practice Worship and Gratitude**

Practicing worship and gratitude is about intentionally turning our hearts and minds toward God throughout our daily life. It's not limited to a single moment or ritual, but can be expressed in many ways that cultivate connection, joy, and perspective.

This week we will practice "**Worship and Gratitude**". When these are woven into our life, they shift our perspective: challenges are met with trust, joy grows even in small moments, and the presence of God becomes the foundation of daily living. The practice invites a rhythm of noticing, praising, and giving thanks that transforms ordinary life into a life of worship.

# GROUP STUDY: Worship & Gratitude

## Begin with Prayer and Silence

*Gather as a group and say a quick prayer to invite the Holy Spirit to guide your time together. Then spend a moment in silence, expressing a desire to hear from God.*

## Explore the Scriptures

1. Let's read Luke 7:36-48. What stands out to you about this woman's worship of Jesus? What does this story teach us about worship and gratitude?
2. Let's read Colossians 3:15-17. What are some key elements of worship and gratitude mentioned in these verses? How do they all come together to deepen a heart of worship within us?
3. Psalm 100 is a call to worship and praise. What does this Psalm teach us about who God is? Why do you think worship and gratitude are important for us? What happens to our heart when we forget to be grateful?

## Read Through the Practice Together

Read through the practice on the next page together, and then answer these questions:

- Do you feel you understand the practice? Do you have any questions about it?
- How do you feel about practicing this, any concerns?

## Share Your Personal Action Plan with the Group

*Jesus replied, "...blessed are all who hear the word of God and put it into practice." - Luke 11:28*

I will practice Worship and Gratitude on (day and time) \_\_\_\_\_

in this place (location) \_\_\_\_\_

## Close in Prayer

## **PRACTICE: Worship & Gratitude**

This week's practice is Worship and Gratitude. The goal is to focus on God, celebrate His worth, and cultivate a heart of thankfulness. This helps us recognize God's presence, grow in joy, and align our hearts with His love. The acronym G.R.A.C.E. provides a rhythm for this practice.

### **G — Give Thanks**

Begin by intentionally naming what you are grateful for. Gratitude shifts our attention from what we lack to the goodness of God in our lives.

- Set aside a few minutes to pause and quiet your heart. Ask the Holy Spirit to guide you.
- Name 3–5 specific things you're thankful for - big or small.
- Speak them aloud, write them in a journal, or share them with someone else.

### **R — Reflect on God's Character**

Take time to focus on who God is. As we reflect on God's character, our trust grows.

- Reflect on God's character: His love, faithfulness, power, and goodness.
- Read a Psalm or a passage of Scripture that highlights who He is.
- Consider how His faithfulness has shown up in your own story.

### **A — Adore Him in Worship**

Respond to God by expressing praise and adoration. Worship is simply our response to seeing God for who He truly is.

- Listen to or sing a worship song that lifts up God's greatness.
- Pray words of praise to God in your own voice.
- Spend time in nature and notice His creativity and beauty.

### **C — Connect through Obedience**

Allow your gratitude and worship to shape your actions. Obedience is a practical expression of love - it's worship lived out in everyday life.

- Ask: *"What is one step of obedience I can take today?"*
- Serve someone in need.
- Make a decision that aligns with God's Word.

### **E — Express Joy and Share**

Let what God is doing in you overflow to others. Gratitude grows as we share it.

- Share encouragement or gratitude with someone else.
- Look for ways to bless or serve others throughout your day.
- Carry an attitude of joy and thankfulness into your conversations and actions.

