

The Hidden Power of Gratitude

Text: Colossians 3:15-17

Theme: Gratitude transforms our hearts, our worship, and everything we do.

1. Gratitude Brings Peace (v.15)

- Let Christ's peace rule in your heart.
- Choosing thankfulness shifts focus from worry to God.

2. Gratitude is a Choice (v.15-16)

- "Be thankful" is a command, not a feeling.
- Practice gratitude daily: journaling, encouraging others, speaking thanks.

3. Gratitude Expressed in Worship (v.16)

- Sing and make music with thankfulness.

Worship becomes joyful and authentic when rooted in gratitude.

4. Gratitude in Everything (v.17)

- Do all things in Jesus' name with thankfulness.
- Even ordinary tasks can become spiritual acts when paired with gratitude.

5. The Hidden Power of Gratitude

- Changes perspective: from lack to God's provision.
- Strengthens faith and encourages unity.
- Practical step: find one area today to intentionally give thanks.

JOURNAL PROMPTS

- What is one thing I am thankful for this morning?
- How can I let Christ's peace rule in my heart today?
- Have I noticed God working in my day so far?
- What small blessings am I overlooking?
- What is one thing I can praise God for today?
- Did I express gratitude to someone today? If not, how can I tomorrow?
- How can I do one ordinary task today in a way that honors Jesus and gives thanks?
- Who can I encourage with a thankful word or note this week?
- Looking back on the week, what moments of God's goodness stand out?
- How did gratitude affect my peace, my worship, or my actions this week?