**Live on Your Own**

**Day 1: One in Ten**

Review the video for this session.

**Engage**

Read [Luke 17:11–19](https://ref.ly/logosref/Bible.Lk17.11-19).

**Consider**

The Bible is full of stories that can help us in our relationship with God. Each story is meant to help us grow in faith and trust as we live for Him. In this story, we see ten men with leprosy whose encounter with Jesus resulted in them being healed. So, what was the problem? Only one returned to say thanks. This doesn’t mean that the other nine men weren’t grateful. It could mean they were so excited about what Jesus had done that they overlooked expressing thanks. We all may do this at times. But this story is in the Bible to help us understand how important it is to have an attitude of gratitude.

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| **QUESTION**How would you have answered if you were the one who returned, and Jesus asked you where the other nine were? |

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| **QUESTION**What’s the message we can learn from this story? |

**Reflect**

Can you think of someone you know who is extremely grateful? How can others tell that you’re grateful? These are questions we have to ask ourself if we want to honor God. Expressing thanks to God is about developing our relationship with Him. When we express our thanks to Him, it displays our true heart for God and others to see. The great news is that we have opportunities to show our grateful attitude each day.

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| **QUESTION**Would your friends and family describe you as someone who is grateful? Why or why not? |

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| **QUESTION**How important is it to you to grow in being grateful? Explain. |

**Activate**

Write a thank you card, saying something specific, and give it to your parent(s) or an adult that you’re close to. Let them know that you recognize all they do for you.

**Pray**

Dear God, help me to be a thankful person and express gratitude to You and others. I want to be like the one man who was thankful, so I’m asking for Your help. Thank You for hearing my prayer. In Jesus’ name, I pray. Amen.

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**Day 2: All?**

**Engage**

Read [1 Thessalonians 5:14–22](https://ref.ly/logosref/Bible.1Th5.14-22).

**Consider**

Did you catch it? Be thankful in *all* circumstances. Does this mean we are to have an attitude of gratitude in all circumstances? Yes, it does. What if things don’t turn out the way we hope they will? Keep being thankful. What if we’re the ones getting talked to because we’re lazy? We still should be thankful.

Gratitude is so much more than saying thanks. It’s much more than being grateful only when we feel like it. We are to live a life of gratitude always. It’s one of the instructions that Paul gave us to live our lives for God, so it must be important.

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| **QUESTION**Paul listed more than ten instructions in these verses. What are at least four? |

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| **QUESTION**Why did Paul say to be thankful in all circumstances? |

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| **QUESTION**What does it look like for someone to be thankful in *all* circumstances? |

**Reflect**

Some people don’t understand how having a thankful life helps us as Christians. This may be one reason Paul told us to be thankful in all circumstances. Even if we don’t see the reason to remain thankful, we should do it just because the Bible tells us to. Paul also said that this is God’s will for those who belong to Jesus. We often think God’s will is only about big decisions in life—like what job we’ll have or who we’ll marry. But here, we see that God’s will includes living a life of gratitude.

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| **QUESTION**Have you ever thought of being grateful as being God’s will? Why do you think that is? |

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| **QUESTION**What is something you can do to continue this journey of gratitude? |

**Activate**

Take the plan you made for your gratitude journey and start this week.

**Pray**

Dear God, thank You for having patience with me. I want to love You more and grow more in my trust in You. Help me to grow a bit closer to You each day in the areas listed in Your Word, especially in being thankful. Amen.

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**Day 3: Can’t Praise Him Enough!**

**Engage**

Read [Psalm 106:1–5](https://ref.ly/logosref/Bible.Ps106.1-5).

**Consider**

There are 150 psalms in the Bible. Many of them are filled with praise, thanks, worship, and gratitude to God. The writers were so thankful that they took time to record how they felt. They expressed thanks for all that God had done, even when the psalm focused on the struggles they faced. Imagine that you wrote about all the times you were thankful to God or someone else in your life. How many psalms would you have? It’s one thing to say thanks, but quite another to write about your thanks.

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| **QUESTION**What was this Psalmist thankful for? |

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| **QUESTION**What is something you’re thankful for right now? |

**Reflect**

There truly is something special about writing down the things we are grateful for instead of just saying or thinking them. That’s why some people journal their thoughts. Did you catch the heart of the writer of this psalm? He wrote, “Who can ever praise him enough?” As the Psalmist reflected on the goodness of God, he realized that saying, “Thank you” over and over, for the remainder of our life, wouldn’t be enough to give God all He deserves. God is so much greater and has done so much more. Praise Him!

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| **QUESTION**How do these few verses challenge you to be known as a person of praise? |

**Activate**

Make a list of things you are grateful for. Over the next few days, add things that come to mind. See how many you can list.

**Pray**

Thank You, Jesus, for all the miraculous things You have done for me and others. I’m sure there are many things I’ve forgotten about or things I wasn’t even aware that You did. And yet, You were there with me the entire time. I praise You for watching over me, helping me, and giving me life. Amen.

**Live on Your Own**

**Day 4: Sing, Shout, Say It**

**Engage**

Read [Isaiah 12:1–6](https://ref.ly/logosref/Bible.Is12.1-6).

**Consider**

The prophet Isaiah showed us that we have so much to be thankful for. But most importantly, he told us that God offers salvation. There are many things we can be thankful for in life. We have clothes to wear, food to eat, and air to breathe. Yet none of this compares to the fact that God is the One who offers true salvation. In this passage, the author is talking about God restoring Israel to the land and life they were removed from because of their disobedience. For us today, the salvation we look forward to is an eternity with God because of what Jesus has done. What a day that will be! In the meantime, we have so much to be thankful for on this side of heaven.

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| **QUESTION**What are the things that Isaiah said God has done? |

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| **QUESTION**How does Isaiah encourage us to express our praise? |

**Reflect**

Thanksgiving, victory, shouts of praise, and joy are ways Isaiah expressed his gratitude to God in this chapter. Though we can’t see God, we can still express thanks in many ways. It may seem awkward to some people to give thanks to God even though we can’t see Him. But the truth is, God is with us every moment. Let’s not forget this as we practice extreme gratitude to the One who saves us.

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| **QUESTION**What’s one way Isaiah challenged you to give thanks to God? |

**Activate**

Take the way you’ve been challenged from this passage and act on it this week. It may be singing, shouting praise, or telling others about what God has done. Step out with thanks in a brand-new way.

**Pray**

Dear God, thank You for salvation. Help me to not just be thankful in my heart, but to express it to You and others with joy. May I not be ashamed to express my thanks to You, whether I’m alone or with a group of people. Amen.

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**Day 5: Some Psalms for You**

**Engage**

Read [Psalm 9:1–2](https://ref.ly/logosref/Bible.Ps9.1-2); [28:7](https://ref.ly/logosref/Bible.Ps28.7); [30:11–12](https://ref.ly/logosref/Bible.Ps30.11-12); [95:2](https://ref.ly/logosref/Bible.Ps95.2); [100:4](https://ref.ly/logosref/Bible.Ps100.4); [105:1](https://ref.ly/logosref/Bible.Ps105.1); [107:1](https://ref.ly/logosref/Bible.Ps107.1).

**Consider**

As mentioned on Day 3, 150 psalms are included in our Bible. Many are filled with praise and thanksgiving to God for all He has done. Each of the psalms we’ve read was written by someone with a grateful heart to God. Some psalms are thanksgiving for something God did. Other psalms are thanksgiving for who God is. In other words, thanksgiving is not just reserved for God when He does things for us. We can be thankful just because of who He is.

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| **QUESTION**Which psalm is your favorite from those you read? Why? |

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| **QUESTION**What is one common element you notice from these psalms? |

**Reflect**

We’ve spent the last few days reading several verses on developing a heart of gratitude. Each verse tells a story. There was a reason someone expressed thanks. Sometimes, it was for something God had done or was about to do. Other times, it was a shout of praise—just because God is God. The point is that we have so much to be thankful for. We have so many ways we can express thanks to God and others.

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| **QUESTION**What are some of the reasons the writers gave thanks in these psalms? |

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| **QUESTION**What is one change you can make today to become more thankful? |

**Activate**

Write a psalm of thanksgiving to God. It doesn’t have to be long, but write out your expression of thanks to the God who loves you.

**Pray**

Dear God, thank You for the things You’ve given me. Thank You for who You are. Help me to continue growing my heart of gratitude. You deserve all the thanks and praise. Amen.