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LIVE LIFE AS A JESUS FOLLOWER



BEGINS MARCH 23 4 WEEKS 9-10:30AM CHAPEL



AWAKEN CHRISTIAN ACADEMY'S

ANNUAL GOLF TOURNAMENT

Benefitting ACA's Athletic Department

SAVE THE DATE!
MAY 12, 2025 • 10AM SHOTGUN START

ANTHEM COUNTRY CLUB



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SELAH

THE POWER OF GRATITUDE or NOT TODAY SATAN

Psalms 100

SELAH

WEEK 4

SESSION OVERVIEW

Theme: Gratitude as a Spiritual Weapon

Main Point: Gratitude shifts our focus from fear and anxiety to God's goodness, strengthens our faith, and empowers us for spiritual warfare.

Key Scripture: *Psalms 100*

Big Idea: Gratitude is not just an emotion but a spiritual discipline that deepens our worship, strengthens our resilience, and helps us serve the Lord with joy.

OPENING PRAYER (2 min)

Begin with a focused prayer to invite God's presence.

Example:

"Father, we come before You with grateful hearts. Thank You for Your faithfulness and goodness. Open our eyes to see how gratitude transforms our lives and strengthens our walk with You. Teach us to serve You with gladness and worship You with joy. In Jesus' name, Amen."

HIGHLIGHTS (15 min)

- Share **personal highlights** from this past week:
 - Where have you experience God's presence?
 - What are you grateful for this week?
- Celebrate **answered prayers, and moments** where **gratitude** changed your mindset.
- **Transition prayer:** Thank God for His faithfulness and ask for open hearts as we study His Word.

TIME TO CONSIDER (25 min)

Read Psalm 100 Aloud

- Ask two volunteers to read the psalm aloud in different translations.
- Encourage group members to listen for key themes of **gratitude, joy and worship**.

Discussion Questions

1. The Power of Gratitude

- The sermon highlighted that **gratitude increases dopamine and serotonin, while lowering cortisol (the stress hormone)**.
- **Discussion:**
 - How has gratitude helped you combat fear and anxiety?
 - What happens in your spirit when you intentionally focus on gratitude?
 - How does gratitude change your perspective on difficult situations?

Key Verse: 1 Thessalonians 5:16-18 – "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

2. Gratitude as Spiritual Warfare

- The enemy wants to **crush your spirit and steal your joy**.
- The sermon mentioned how Satan tempted Eve to doubt God's goodness—he still does this today
- **Discussion:**
 - How does gratitude protect us from the enemy's lies?
 - What are some ways the enemy tries to make you focus on what you lack instead of what God has done?
 - How can you make gratitude a spiritual habit?

Key Verse: Proverbs 17:22 – "A joyful heart is good medicine, but a crushed spirit dries up the bones."

3. Serving the Lord with Gladness

- **Psalm 100:2** says, “Serve the Lord with gladness! Come into his presence with singing!”
- The Hebrew word “**Abad**” (**serve**) means more than just duty—it means **worship and devotion**.
- **Discussion:**
 - How does gratitude lead to joyful service?
 - What is the difference between serving God out of obligation vs. serving with gladness?
 - How can we serve the Lord with joy in our daily lives?

Key Verse: 2 Corinthians 5:15 – “He died for all, that those who live might no longer live for themselves but for Him who for their sake died and was raised.”

MISSIONAL LIVING (25 min)

- **Gratitude fuels our mission.** A thankful heart makes us **bold in sharing Jesus**.
- The sermon emphasized that **we are a church on mission, reaching people for Christ**.
- **Discussion:**
 - How can expressing gratitude draw people to Jesus?
 - How does serving God with joy impact those around us?
 - What is one way you can live out gratitude in mission this week?
- **Challenge**
 - This week, practice **daily gratitude** by writing down 3 things you’re thankful for.
 - Find one person to **express gratitude toward** (family member, friend, coworker).

REACH OUR WORLD (10 min):

- Pray for **Awaken Las Vegas and its mission** to reach the city and the nations
- Pray for **Awaken Natal** our new church plant, and all those who gave their lives to Jesus through Awaken Events/Aid
- Pray for **boldness to share our faith with joy and gratitude**.

Closing Prayer (13 min)

- Reflect on what was shared and **pray for unity, strength and joy in serving God**.
- Encourage members to **pray for one another’s needs** and commit to a week of gratitude.

Final Takeaways

- **Daily Gratitude Practice** – Write down 3 things you’re thankful for each day.
- **Memorize Psalm 100:4** – “Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name!”
- **Encourage Someone** – Find someone to thank or encourage this week.

Final Thought

- Gratitude is more than a feeling—it’s a **weapon against the enemy, a response to God’s goodness, and a key to serving Him with joy!**