

# 40 Days of Gratitude

SESSION 2: 12/04/2022

## THE PRACTICE OF GRATITUDE

COLOSSIANS 3:16–17

### MAIN POINT

The practice of Gratitude. We need to put off our ‘old clothing’ of complaining and ungratefulness and put on ‘new clothing’ of gratitude.

### INTRODUCTION

Frisco First Baptist Church is giving away 40 days of gratitude journals. We are hoping the practice of expressing daily gratitude will impact our relationship with Jesus and one another. Please take a journal, spend a few minutes daily reflecting on at least one thing you are grateful for, and write it in the journal.

**Have you picked up your journal yet? If so, what are some of the reflections you have written? Is this daily remembrance of gratitude making a difference?**

**Do you prefer wearing old, comfortable clothing or dressy outfits? Why?**

**How do you feel when you wear a brand-new suit or outfit?**

**When you’re finished with your old clothes, what do you often do with them?**

### UNDERSTANDING

READ COLOSSIANS 3:12-17

**What virtues does God seek to plant in us? (3:12, 14)**

**How were the Colossian believers called to clothe themselves? (3:12–17)**

**Why did Paul call on the believers to be peaceful and thankful? (3:15–16)**

**What should we do? How? (3:17)**

**What is one principle that ought to guide everything we do? (3:17)**

When we cultivate the practice of gratitude, we change our attitudes, perceptions, and our language. Having a regular time to express gratitude can change us spiritually. Our thankfulness to God can result in a changed heart and mind that is always looking for where the Lord is working and expressing our gratitude to others. Our praise can lead others to His grace.

**If you consistently set your sights on Christ and heaven, how would your life be different?**

**What old, 'earthly' clothing do you need to get rid of?**

**How does wearing 'Christ's clothing' affect the way you live your daily life?**

**Why is a thankful spirit an important part of holy living?**

## APPLICATION

**How can you be more thankful and loving to those who are close to you? [1]**

## PRAYER

If you brought your journal with you today, please share your reflections with the group. If no one brought their journal, let's brainstorm a list of things we have been grateful for since the last time we met. Now, let's turn that list into a prayer to the Lord.

## COMMENTARY

[1] *The questions are curated from WORDsearch. (n.d.). Adult Questions for LESSONmaker. WORDsearch.*

### III. Spiritual: Inner Life in Christ (3:1–17)

Knowing that all wisdom is in Christ (2:1–5), Paul urged the Colossian Christians to continue in Him (2:6–7), not being deceived by vain philosophies (2:8–10). Since believers are identified with Christ, they are not to live under Jewish laws (2:11–17), for that would only rob them of their rewards (2:18–19). They have died with Christ and hence need not submit to legalistic rules (2:20–23).

Furthermore, they have also been raised with Christ. So they should set their hearts on heavenly things (3:1–4), put to death sinful worldly practices (3:5–11), and clothe themselves with Christ's virtues (3:12–17). Stated in another way, believers are to seek spiritual values (3:1–4), put off the sins of the old life (3:5–11), and put on the virtues of the new life (3:12–17). This in turn should affect their relationships with other members of their families and society (3:18–4:1).

3:16. The new life Christians must 'put on' is one in which the Word of Christ dwells richly. Christ's words were recorded by Spirit-guided apostles (cf. John 14:26; 16:13; 20:31). The words of the Bible, God's written Word, are to dwell in believers. That is, by study, meditation, and application of the Word, it becomes a permanent abiding part of one's life. When the words of Christ become part of a believer's nature, they spring forth naturally and daily in psalms (songs from the Book of Psalms), hymns (other songs of praise), and spiritual songs (as opposed to secular odes) with gratitude (*chariti*; lit., 'in grace'). This can mean either (a) God's grace, (b) graciousness in Christian singing, or

(c) Christian thanks. As suggested by the NIV it probably has the third meaning. Such joyful singing is not only to please oneself or others but is to be praise to God. Through this Spirit-filled kind of life (cf. Eph. 5:18–19), Christians can teach (instruct) and admonish (‘counsel’) one another (Col. 3:16; cf. ‘admonishing and teaching’ in 1:28) if it is done with all wisdom (*sophia*; cf. 1:9; 2:3; 4:5) and not tactlessly (cf. Gal. 6:1). 3:17. Whatever one does (cf. v. 23) “for there is no sacred-secular split in God’s eyes; He is Sovereign over all” whether in word or deed (by lip or life) should all be done in the name of the Lord Jesus (i.e., for His glory; cf. 1 Cor. 10:31) and with a thankful spirit (cf. Phil. 4:6; 1 Thes. 5:18). Three times in three verses Paul mentioned thankfulness: “be thankful” (Col. 3:15) “sing with gratitude” (v. 16), and give thanks to God the Father (v. 17). [2]

[2] Geisler, N. L. (1985). Colossians. In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 2, pp. 682–683). Victor Books.