



# A Bible Study On Gratitude

**Suggested use:** To introduce this topic, show the brief video *Smile: You're Getting Older*. It is available for viewing on ALOA's website at <https://aloaserves.org/key-resources/health-and-wellness/>

## 1. Definition: Gratitude

The state of being grateful, thankfulness, and appreciative of benefits.

## 2. Where does gratitude come from?

Gratitude is the first movement of the spiritual life that recognizes God as the Creator of all things, believes in Jesus as God's Son and sacrifice for the sins of all people, and reflects life in Christ by the power of the Holy Spirit.

Can we distinguish between "divine gratitude" and "human gratitude?"  
What's the difference?



## 3. A look at gratitude in the book of Colossians:

- Colossians 1:3-14
- Colossians 2:6-7
- Colossians 3:12-17
- Colossians 4:2-6

What observations and insights do we receive from the book of Colossians?

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**Adult Lutherans Organized for Action - ALOA** is a nationwide resource to the church that strengthens ministry by and for older adults. ALOA helps congregations provide more intentional and dynamic ministry by and for older adults and encourages older adult individuals to affirm their gifts and use them in service to family, church, community and world.



ALO A is a Recognized Service Organization (RSO) of the LCMS and an affiliated Social Ministry Organization of the ELCA.



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