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 ALOAs 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?

Pastor Ken Holdorf has been in ordained ministry for over 50 years, and currently serves as Pastor of Senior Adult Ministry at Prince of Peace Lutheran Church in Carrollton, Texas. He is the author of several manuals on senior adult ministry, including *Best Practices for Ministry By and For Senior Adults*. Pastor Holdorf generously grants permission for this study to be copied, used and adapted to fit individual needs.

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.