



DOUBLE BLESSING

How to Get It. How to Give It.

Double Blessing: “The Attitude of Gratitude”

October 19 & 20

Speaker: Dr. Mark Batterson

Scripture: 1 Thessalonians 5:16-18; James 1:17, Philippians 4:8; Genesis 28:16-17

Series Overview

God wants to bless you beyond your ability to ask or imagine! The very first thing God does, after creating us in His image, is bless us. Blessing is God’s most ancient instinct. Of course, God doesn’t bless us to raise our standard of living. God blesses us to raise our standard of giving. Simply put, we are blessed to bless! In fact, the way we get the blessing is by giving it away. That’s what *Double Blessing* is all about, and it’s the heartbeat of this church.

Series Question

In what ways have you seen the blessing of God in your life?

Sermon Overview

The will of God is a lot less circumstantial and a lot more attitudinal than we imagine. The circumstances we are asking God to change may be the circumstances God is using to change us. How do you cultivate the attitude of gratitude?

1. Whatever you don’t turn into praise turns into pride.
2. Your focus determines your reality.
3. Don’t let what’s wrong with you keep you from worshipping what’s right with God.

Sermon Questions

What are some out-of-the-ordinary blessings you could praise God for?

A. W. Tozer said, “What comes to mind when you think about God is the most important thing about you.” What comes to your mind when you think about God? What is God’s posture toward you? What expression is he wearing on his face? What is the tone of his voice?

Pastor Mark shared three main points this weekend:

1. Whatever you don’t turn into praise turns into pride.
2. Your focus determines your reality.
3. Don’t let what’s wrong with you keep you from worshipping what’s right with God.

What are a couple blessings recently that you have intentionally given God praise for? What is something you can praise God for that you may have previously felt prideful about?

Have you given God thanks and praise for partial blessings in the past? If so, what were they? What is a partial blessing you can give God praise for now?

What is the “focus effect”? Are you conditioned to automatically move towards upward counterfactual thinking or downward counterfactual thinking? What new habits can you implement to become a more positive thinker?

What does Pastor Mark mean by “your theology will conform to your reality or your reality will conform to your theology”? How can you combat the pull towards adapting your theology to your reality? What does that look like for you personally?

Practical Application

- Share and celebrate communion this week with small group, friends, or family. Read 1 Corinthians 11:23-25, and spend time in confession and gratitude.
- Pastor Mark challenged us to 40 days of gratitude leading up to Thanksgiving. Grab a journal and write down three different gratitudes each day.