



Part 3: The Practice of Gratitude

Psalm 100, John 15:1-4

A key practice for abiding in Jesus is gratitude.

- **LIFE ON THE VINE**

“Abide in me, and I will abide in you. No branch can bear fruit by itself; it must abide in the vine. Neither can you bear fruit unless you abide in me.” John 15:4

Meno – “to abide or make your home, remain, stay.” Jesus is saying we are to make our home in Him.

A home is a place of identity, belonging, love, shelter, provision. Jesus is saying we are to make Him our home – the source of our identity, belonging, love, shelter, and provision – the Source of LIFE.

But notice the metaphor Jesus uses of a vine and a branch. Jesus is also speaking of our salvation as the impartation of God’s LIFE to us through Him. In the same way, the branch receives its life from the vine. We are to receive God’s LIFE through our union with Jesus.

The soul rest that Jesus promises, as well as the flow of the LIFE of God in us, is dependent on our abiding in Jesus – our living from His LIFE in us. We need practices that help us abide in Jesus.

- **THE PRACTICE OF GRATITUDE (PSALM 100)**

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His Name. For the Lord is good and His love endures forever; His faithfulness continues through all generations.” Psalm 100:4-5

- Jesus Lived Thankfully

“Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted.” John 6:11

“So, they took away the stone. Then Jesus looked up and said, ‘Father, I thank you’” John 11:41

“While they were eating, Jesus took bread, gave thanks and broke it, saying, ‘Take it; this is my body.’” Mark 14:22

- What Jesus Knew

“Why do you call me good? No one is good except God alone.” Mark 10:18

“If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask Him!” Matthew 7:11

“A person cannot receive even one thing unless it is given him from heaven.” John 3:37

“In the Triune God is the love behind all love, the life behind all life, the music behind all music, the beauty behind all beauty, and the joy behind all joy,” Michael Reeves, Delighting in the Trinity

- Interview with Jasona Brown (brain science, sources, effect?)

- **THE GREAT LIE**

- Satan’s universal temptation (Genesis 3)

“God is holding out on you. You can’t trust Him!” Satan

- God’s Answer in Jesus (John 3:16)

“For God so loved the world that He gave His one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16

- The Practice of Gratitude (Psalm 100)

“When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.” G.K. Chesterton

DISCUSSION QUESTIONS

- What has been your understanding of salvation in Jesus Christ? Have you thought of it only as forgiveness of your sins, or have you thought of it as the impartation of God's LIFE?
- What do you think of the claim that we learn to abide in Jesus by integrating some of his practices into our lives? Is this a new thought?
- What do you think of gratitude as a practice to be integrated? What do you think of Jasona's claim that brain science shows gratitude creates a relational bond?
- Take a look at the practice of gratitude on Greenwood's website. How do you think you could use this to help you abide with Jesus?