

# Antioch Women's Ministry

## June Bible Study Guide

2021 Theme

**“How to Cultivate a Grateful Heart”**



*Always giving thanks for all things in the name of our Lord Jesus Christ to our God and Father. Ephesians 5:20*

***Saturday, June 5, 2021***

***10 am – 12 pm***

***Sister Rockella Marable - Teacher***

## **2021 Spiritual Growth Goals**

At the end of 2021 Bible Study prayerfully you will learn from the monthly studies:

1. Why it's important to cultivate a Grateful Heart.
2. The Spiritual Benefits of a Grateful Heart.
3. How to Cultivate a Grateful Heart.
4. How to make Gratitude part of your daily Christian walk.

### **June Bible Study Topic**

Living "grateful and thankful" – What should I do?

### **June Bible Study Outline**

- I. The Fertile Soil of a Grateful Heart (*Self-Assessment*)
- II. The Importance of Cultivating a Grateful Heart.
- III. What Does the Bible Say About Gratitude?
- IV. How To Cultivate a Grateful Heart?
- V. Making it Real in your Life (*Life Principles for Application*)

### **Spiritual Growth Challenge**

How's Your Grateful Heart?



## **Directions and Guidance for Study Guide**

Sisters, here we are at the end of our 2021 Bible study journey. Over the past months our study focus has been on the topic

### **“Cultivating a Grateful Heart.”**

First, we want to **“Thank You”** for your commitment each month coming to learn, study and grow with us. It’s been our joy and blessings to meet and greet you every month providing what the Holy Spirit gives us to pour into your heart.

The goal of God’s Women’s ministry is for you to grow stronger in your walk with the Lord. The only way to know if we are growing is to make an assessment of where we were when starting our study, to where we are now at the end of our study journey.

We’ve spent months praying and planning lessons and challenges to help you grow and cultivate a grateful heart. Now it’s time to help you measure what kind of effect this Bible study is having on your life and, most importantly identifying areas in your life you need to take to the Lord for special handling. The Bible says in Romans 8:27 *“And He who searches hearts knows what the mind of the Spirit is, because the Spirit intercedes for the saints according to the will of God.”*

Therefore, the purpose of this study guide is to provide you space and opportunity by providing spiritual growth assessment questions to help you to carefully and prayerfully think about your spiritual growth in the area of *“thankfulness and gratefulness.”*

Please, before the June Bible study, read and reflect on the exercises and try to answer the questions for your accountability and personal assessment. Always remember, you are not answering to share with others (as in our Breakout Sessions), this assessment is between you and the Lord -- for you to seek the Holy Spirit for help in areas of your life that need pruning.

Again, thank you for your faithfulness to study and grow in the Lord.

Your Sister in Christ,  
Sister Rochella

## Exercise 1

### The Fertile Soil of a Grateful Heart

*Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10*

**What's the soil condition of your heart telling you?**

*"The legend is told of a man who found the barn where Satan kept seeds to be sown in the human heart. There were seeds of "Anger", "Lust", "Greed", "Fear", "Bitterness", "Jealousy", "Deceit", "Violence", "Dishonesty", "Fear", "Confusion", and many, many more! But as the man looked around the barn it quickly became obvious that most numerous seeds in his arsenal were the seeds of "Discouragement". When he inquired as to why this was so, his guide told him it was because the seeds of "discouragement" could grow almost anywhere."*

**We can evaluate our relationship with the Lord by measuring our gratitude.**

People who have grateful hearts exhibit the following characteristics.

**How many of these words describe seeds growing in your heart?**

\_\_\_ **Positive.** Thankfulness keeps us focused on what the Lord is doing in our lives.

\_\_\_ **Aware of God's presence.** When we know that the Lord is actively involved in our lives and helping us through every difficulty and hardship, we can sense His presence.

\_\_\_ **Humble.** We recognize the Lord as the source of every good thing and admit we had nothing to do with it.

\_\_\_ **Peaceful.** When we place our trust in Christ and watch for His activity in our lives, we have His peace.

\_\_\_ **Thoughtful of others.** Gratitude makes us sensitive to the needs of those around us and eager to help them.

\_\_\_ **Generous.** When we recognize all that God has done for us, we look for ways to pass blessings on to others.

\_\_\_ **Unselfish.** If we're thankful, we will be willing to joyfully share whatever we have.

\_\_\_ **Expressive.** Seeing what God is doing in our lives motivates us to tell others and to encourage them to trust Him.

\_\_\_ **Friendly.** Thankful people are pleasant and kind to others.

\_\_\_ **Contagious.** A grateful attitude displays the character of Jesus in our lives, and that is very appealing to those around us.

\_\_\_ **Motivated.** Thankfulness prompts us to give, share, and serve.

\_\_\_ **Servant hearted.** We want to serve Christ by giving ourselves away to others.

\_\_\_ **Faithful.** After watching God repeatedly work in our lives, we develop great trust in Him that influences our thinking.

\_\_\_ **Fruitful.** Instead of focusing on ourselves, we desire to be used by our heavenly Father to achieve His purposes.

\_\_\_ **Joyful.** Gratitude produces deep, abiding joy because we know that God is working in us, even through difficulties.

**Gratitude and Thankfulness is a choice.**

## **Exercise 2**

### **How's Your Grateful Heart?**

*Oh, give thanks to the Lord, for He is good, for His steadfast love endures forever!" Psalm 107:1*

How long has it been since you considered your blessings and set aside time to specifically thank God for what He has provided in your life?

**For this Bible study, now is the time...**

**Prayerfully meditate on the following scriptures and set aside time to be with the Lord as you examine your heart:**

*Romans 12:2 - Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

*2 Corinthians 13:5 - Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!*

*James 1:23-25 - For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.*

*Lamentations 3:40 - Let us test and examine our ways and return to the Lord!*

Sister, a spiritual self-examination offers you the opportunity to ... rate your day, your mood, your feelings, your goals, your priorities, your spiritual progress, or your life.

When we take the time to seek the Lord to examine our hearts, it creates time and space for you to reflect on spiritual matters and gives the Lord an open door to talk to you about areas in your life that He desires for you to change ...

Over these past months we've challenged you to always "examine your heart." For the June Bible Study - let's see where you are now compared to where you were in February. **Don't look at your previous assessment until you first answer the questions in the chart below.**

<i>Answer each statement honestly, as if you were talking to the Lord.</i>	Yes	No	Sometimes
1. Are you grateful and thankful for what you have?			
2. Has ungratefulness begun to poison your spiritual life?			
3. Do you take time every day to thank God for what you have?			
4. Taking your words and actions into account, would God count you to be among those who have a thankful and grateful heart?			
5. Do you count yourself to be among the ungrateful and unthankful?			
6. Do you set aside time each day to specifically thank God for what He has provided in your life?			
7. How's your tongue – are the words out of your mouth crude, harmful and hurtful to others?			
8. Do you grumble, and/or complain frequently?			
9. Are you envious of what you see others have in life?			
10. Do you often ask, "Why isn't God answering my prayers?"			

<i>Answer each statement honestly, as if you were talking to the Lord.</i>	Yes	No	Sometimes
11. Do you neglect to show gratitude, say thank you or return thanks for a kindness done, a service performed, support provided, encouragement given in words spoken or a gift given?			
12. Do you show gratitude to God when no one else is looking?			
13. Is gratitude part of your everyday interactions with others?			
14. Do you frequently display a pessimistic, negative outlook on life?			
15. Is there any fruit in your life that is evidence you have a grateful or an ungrateful spirit?			
16. Do you often begin statements with these words "I am so grateful for....."			
17. Are you reserved when it comes to expressing appreciation to others?			
18. Would you describe yourself as an ungrateful person?			
19. Do you only show gratitude to God when others are looking?			
20. Do you have a positive, grateful perspective on life?			

**Let's Compare your February self-examination to your June self-examination for a "Progress Report"**

Comparing the answers on your February self-examination to the answers on your June self-examination, have you made any progress? Do you see any evidence of spiritual growth? Explain.

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**Let's go a little deeper - Please answer the following questions below based on your June examination to provide a more in-depth perspective. Remember, it's you and the Lord having this conversation:**

**Please pray and answer these questions candidly – not just yes or no but with honest heartfelt answers for a deeper self-examination:**

**During the 2021 Bible Study journey...**

1. Did you set aside time each day to pray, listen to the Holy Spirit, and read the Bible?
2. Did you talk to Christ conversationally throughout your day?
3. Did you direct your public conversation and action toward the glory of God?













*Thankfulness is a choice. If it's lacking in us, we must decide to change. As we recognize and acknowledge God's wonderful blessings and ask Him to give us grateful hearts, He will begin transforming our lives.*

*Then, as we live in Christ, His characteristics of goodness, love, kindness, and generosity will pour through us until we are truly overflowing with gratitude. Sermon Notes for Dr. Stanley's message, ["Overflowing With Gratitude,"](#)*