# ESPRESSO = SHOT =

GRATITUDE CAMPUS PASTOR

What are the benefits of gratitude?

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. *1 Thessalonians 5*:18

Gratitude: the quality of being thankful; readiness to show an appreciation for and to return kindness.

Gratitude is hard .

Why is gratitude hard?

We are rushed .

We compare

We <u>don't</u> get what we <u>want</u>.

We focus on the wrong things.

What are we going to do about it?

Pause

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. *Genesis* 2:2-3

"Sabbath is the time set aside to do nothing so that we can receive everything, to set aside our anxious attempts to make ourselves useful, to set aside our tense restlessness, to set aside our mediasaturated boredom. Sabbath (rest) is the time to receive silence and let it deepen into gratitude." — Eugene Peterson

Decide I don't need to get my way.

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. *Philippians 2:3-4* 

<u>Focus</u> on what you <u>have</u>.

Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength. *Philippians* 4:11-13

Will you choose gratitude?

## **EVENTS & OPPORTUNITIES**

Full list of events and registration is available at eclife.org's EVENTS page

#### **Baptism Services**

Registration is open for our next Baptism services. Baptism is a public acknowledgment of our faith in Jesus Christ, as well as declaration of our intent to follow him in every area of our lives. If you have never been baptized after coming to Christ, this may be your next step!

When: December 14 & 15 (*Registration is required.*) Registration Deadline: December 4

#### Impact Team Night

A once-a-month event for both Impact Team Members and those interested in learning more about how to join the Impact Team. This is a time to connect with others at your campus, worship together, and hear a word of encouragement. For the last half of the night, current team members will break out to meet with their specific ministry teams and if you are new, we invite you to attend Impact 101 to begin to discover where you could use your gifts and talents to make an impact through serving at Emmanuel.

When: Monday, December 9, 6:30pm (Childcare is available.)

Current Impact Team Members: Text TEAM to 65248 to register

Interested in Joining the Team: Text 101 to 65248 to register

### Foster & Adoption Ministry Q&A

Want to learn how you can become a foster family or support one? This Impact Team Night breakout session will give you the opportunity to learn more about Emmanuel's Foster and Adoption Ministry and how you can get involved. Text TEAM to 65248 to register.

When: Monday, December 9, 6:30pm Where: All Emmanuel campuses at Impact Team Night

#### **Garfield Park Campus Open House**

You're invited to join us for coffee, cupcakes, and cocoa as we celebrate the upcoming grand opening of Emmanuel's beautifully renovated fifth campus.

When: Thursday, December 12, 5:00-8:00pm Where: 743 E Pleasant Run Pkwy S Dr, Indpls, IN 46203