

“THE RIPPLE EFFECT OF GRATITUDE”
“Gratitude Changes Everything” - Part 4
November 23, 2025

3 Powerful Ripple Effects of Gratitude

1. Gratitude releases JOY.

John 10:10 The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. (NLT)

John 15:11 I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! (NLT)

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

Philippians 4:6-7 Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. (NLT)

Proverbs 17:22 - A cheerful heart is good medicine, but a broken spirit saps a person’s strength.

2. Gratitude releases PEACE.

Colossians 3:15-17 And let the peace that comes from Christ rule in your hearts. For as members of one body, you are called to live in peace. And always be thankful. ¹⁶ Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. ¹⁷ And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through Him to God the Father. (NLT)

3. Gratitude releases PRAISE.

Luke 17:11-19 As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. ¹² As he entered a village there, ten men with leprosy stood at a distance, ¹³ crying out, “Jesus, Master, have mercy on us!”

¹⁴ He looked at them and said, “Go show yourselves to the priests.” And as they went, they were cleansed of their leprosy.

¹⁵ One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!"

¹⁶ He fell to the ground at Jesus' feet, thanking him for what He had done. This man was a Samaritan.

¹⁷ Jesus asked, "Didn't I heal ten men? Where are the other nine?" ¹⁸ Has no one returned to give glory to God except this foreigner?" ¹⁹ And Jesus said to the man, "Stand up and go. Your faith has healed you." (NLT)

Psalm 50:23 But giving thanks is a sacrifice that truly honors me. (NLT)

Hebrews 13:15 Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name (NLT)

Psalm 103:1-2 Let all that I am praise the Lord; with my whole heart, I will praise His holy name.

² Let all that I am praise the Lord, may I never forget the good things He does for me. (NLT)