



**JULY BIBLE STUDY SERIES
RELATIONSHIP RESET
(MAKING EVERYDAY LIFE BETTER)**



Lesson 10

Series: Relationship Reset The Power of Appreciation



Quote

“I would rather be able to appreciate things I cannot have than to have things I am not able to appreciate.”



Merriam-Webster's

defines appreciation as “a feeling or expression of admiration, approval or gratitude.”



The Character of Appreciation

APPRECIATION

is having admiration for others and communicating your approval to them! It is taking the time to make people feel welcome and special by using the fruit of God's work in you to encourage and uplift others.

Opposites of Appreciation.

Insensitivity

Disrespect

Callousness

Disapproval



Appreciation vs. Gratitude



GRATITUDE

**is a response for what someone has
done for us-such as, God's grace.**





APPRECIATION

**is honoring others while also being
grateful for what we have.**





"Brotherhood"

**Purposefully expressing love
to others.**



**What we do is more important
than what we say!**

Christians Should Be Different!

Four Reasons for Giving Appreciation:

1. We Are Freed to Love.

Titus 3:3-5 (MSG)

It wasn't so long ago that we ourselves were stupid and stubborn, dupes of sin, ordered every which way by our glands, going around with a chip on our shoulder, hated and hated back. But when God, our kind and loving Savior God, stepped in, He saved us from all that. It was all His doing; we had nothing to do with it. He gave us a good bath, and we came out of it new people, washed inside and out by the Holy Spirit.

**2. We Value People as Created
and Gifted by God.**

1 Peter 4:10 (MSG)

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms”

**3. Christians are People of
Gratitude and Thankfulness.**

Colossians 2:7 (MSG)

You're deeply rooted in him. You're well-constructed upon him. You know your way around the faith. Now do what you've been taught. School's out; quit studying the subject and start living it! And let your living spill over into thanksgiving.

4. God Commands Justice and Fairness.

Colossians 4:1 (MSG)

And masters, treat your servants considerately. Be fair with them. Don't forget for a minute that you, too, serve a Master—God in heaven.

I Thessalonians 5:11-12, NASB

Encourage one another and build up one another and appreciate those who diligently labor among you.

Proverbs 12:25

Anxiety in a person's heart weighs it down, but a good word makes it glad.

Proverbs 16:24

**Pleasant words are a honeycomb, Sweet to the soul
and healing to the bones.**

Six Fruits of Appreciation:

- It Makes Others Feel Valued and Loved.
- It Can Inspire Others to Work Harder, Persevere and Stay on the Right Path.
- It Deepens the Bonds Between Us and Others.
- It Takes the Focus Off of Us, Which Keeps Us Grounded.
- It Helps Us Stay Positive.
- It Creates Harmony



Four Ways to Express Gratitude:

- Verbal Recognition
- Handwritten Notes
- Positive Body Language
- Service



Quote

“Gratitude is when memory is stored in the heart and not in the mind.”



Bible Study Follow Up Chat Questions:

- 1. What was your greatest takeaway from today's lesson?**
- 2. How would you define appreciation?**
- 3. What part does appreciation play in your relationships with church members, friends, coworkers, and family?**
- 4. Have you thanked people you know or with whom you work by your words as well as your personal example?**
- 5. How does being insensitive counteract appreciation? What is the cost to others (God, family, friends, etc.) when you are a person who is focused on pride?**
- 6. What happens to your relationship with God, with others, when you neglect to be thankful and appreciative?**
- 7. When have you been filled with appreciation the most?**

