



WEEKEND RESOURCES | NOVEMBER 26, 2023

Week Two | Medicine for the Soul

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: Life is full of disappointment, frustration, and unmet expectations. It can feel discouraging and unsettling. But there are three things we can start doing today that will certainly help.

» Main Points

- Gratitude turns envy into contentment.
- Gratitude turns 'I have to' into 'I get to.'
- Gratitude returns apathy into intentionality.
- Gratitude turns absence into presence.
- Gratitude turns fear into faith.

» Two Week Challenge

- As a part of this series, we are going to spend some time reflecting on the following questions each day. You can journal your answers, talk about them with your family and friends, or do both!

» Everyday Identify:

- ONE thing threatening to steal your joy.
- TWO things you need to pray about.
- THREE things you are grateful for.

» Next Steps and Prayer

- What are some disappointments, frustrations, or unmet expectations that are magnified during the holidays? Practice gratitude!
- Close by praying that God would fill you with a sense of gratitude for the big and small things in your life this season.

1 Thessalonians 5:16–18

Rejoice always.
Pray continually.
Give thanks in all circumstances,
for this is God's will for you
in Christ Jesus.