



Your group matters.

DISCUSSION GUIDE

- Icebreaker -

*What is your favorite Thanksgiving leftover
and what is your personal expiration date
before you won't eat it?*

1. Using a scale of 1 to 10, how would you describe your thanks giving and does that need to change? (Read [1 Thessalonians 5:18](#) and [Ephesians 5:20](#))
2. Pastor Tony said, "Disappointment will crush the determination and drive out of you...unless you seek God through the experience it gave you." Describe a time you experienced disappointment. How did (or would) seeking God in that disappointment affect your outlook? ([James 2:2-4](#))
3. "Grumbling turns a letdown into a lockdown...Gratitude turns a letdown into a loosening." How have you seen grumbling move you toward immaturity and being stuck; conversely, how has showing gratitude loosened and freed you, moving you toward maturity? (Read [Colossians 4:2](#))
4. Read [Deuteronomy 8:1-20](#). Pastor Tony voiced that, "Enormous gratitude can be found in the details." The Israelites often forgot the details of God's care in the wilderness as well as in the Promised Land. What are some of the details you've forgotten (or recalled and celebrated) recently?
5. As Pastor Tony concluded his message, he challenged us that "Genuine thanks-giving creates actual thanks-living." What steps do you need to take this week to "delight in seemingly imperfect gifts" and be genuinely living thankfully?

Day One: [Psalm 57](#)

Day Two: [Proverbs 26](#)

Day Three: [1 Samuel 8](#)

Day Four: [Isaiah 57](#)

Day Five: [Acts 1](#)

*This Personal Guide has been adapted from
Professor Grant Horner's Bible Reading System.*

PERSONAL GUIDE



RIVERSIDE CHURCH



Gratitude ADJUSTMENT

"Gratitude Makes Our Trust in God Healthier"

NOV 26, 2023 Pastor Tony Myles

MYRC.CHURCH



MESSAGE NOTES

"Gratitude Makes Our Trust in God Healthier"

Pastor Tony Myles

How would you describe your _____? (scale of 1 to 10)
Gratitude isn't intended by God to just be a one day a year event squeezed into a small part of feasting and football games. It's designed by our Creator to be a 365-days-a-year experience and attitude that shapes and molds our lives in extraordinary ways.

Gratitude is so important to God because He tells us that it is to be the primary motivation behind everything in our lives

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

"And give thanks for everything to God the Father in the name of our Lord Jesus Christ." **Ephesians 5:20**

H_____ t_____ g_____?

_____ will crush the determination and drive out of you...unless you seek God through the _____ it gave you.

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." **James 2:2-4**

- _____ turns a letdown into a _____.
 - It's a dead-end toward real _____.
- _____ turns a letdown into a _____.
 - It's an on-ramp toward real _____.

Tough question: What's the difference between what you _____ you _____ versus what you're actually _____?

"Pray diligently. Stay alert, with your eyes wide open in gratitude."
Colossians 4:2

Real-life takeaways for us from **Deuteronomy 8**

- v.1: We experience God being _____ when we go _____.
- v.2-3: What we have, and what we _____, reveals _____ we have.
- v.4: Enormous gratitude can always be found in the _____.
- v.5: It may take a long time to discover why you didn't need to _____.
- v.6-9: The Promised Land before if _____ with gifts you can claim...
from gushing waters and _____ fruit...
to precious treasures you'll have to _____.
- v.10: Gratitude to God is meant to be practiced _____.
- v.11-18: Check your I.O.U.
- _____: What stories are your _____ and _____ telling?
 - _____: What achievements are spilling out of your _____?
 - _____: What happened to your _____ of God?
- v.19-20: The _____ we otherwise face is incredibly _____.

What's my gratitude adjustment?:

- Choose to _____ in seemingly _____.
- A recent time you were "_____."
 - Something you don't have "_____ " of.
 - The "_____ " you think others have of you.
 - How "_____ " or "_____ " your life feels.
 - Your "_____ " status.
 - Whatever isn't in the "_____ " you're in.
 - However you "_____ " God.

Don't miss this...

Genuine thanks-giving creates actual _____.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy). *MYRC.LINK/CONNECT or text **riverside** to **94000**



SMALL GROUP
guide on the back



MESSAGE NOTES

"Gratitude Makes Our Trust in God Healthier"

Pastor Tony Myles

How would you describe your thanks giving? (scale of 1 to 10)

Gratitude isn't intended by God to just be a one day a year event squeezed into a small part of feasting and football games. It's designed by our Creator to be a 365-days-a-year experience and attitude that shapes and molds our lives in extraordinary ways.

Gratitude is so important to God because He tells us that it is to be the primary motivation behind everything in our lives

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

"And give thanks for everything to God the Father in the name of our Lord Jesus Christ." **Ephesians 5:20**

H_____ t_____ g_____?

Disappointment will crush the determination and drive out of you...unless you seek God through the experience it gave you.

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." **James 2:2-4**

- Grumbling turns a letdown into a lockdown.
 - It's a dead-end toward real immaturity.
- Gratitude turns a letdown into a loosening.
 - It's an on-ramp toward real maturity.

Tough question: What's the difference between what you think you want versus what you're actually made for?

"Pray diligently. Stay alert, with your eyes wide open in gratitude."
Colossians 4:2

Real-life takeaways for us from **Deuteronomy 8**

v.1: We experience God being all-in when we go all-in.

v.2-3: What we have, and what we don't have, reveals Who we have.

v.4: Enormous gratitude can always be found in the details.

v.5: It may take a long time to discover why you didn't need to pout.

v.6-9: The Promised Land before if filled with gifts you can claim...
from gushing waters and low-hanging fruit...
to precious treasures you'll have to dig to find.

v.10: Gratitude to God is meant to be practiced openly.

v.11-18: Check your I.O.U.

- Inward: What stories are your thoughts and feelings telling?
- Outward: What achievements are spilling out of your lips?
- Upward: What happened to your definition of God?

v.19-20: The destruction we otherwise face is incredibly real.

What's my gratitude adjustment?:

Choose to delight in seemingly imperfect gifts.

- A recent time you were "offended."
- Something you don't have "enough" of.
- The "perception" you think others have of you.
- How "messy" or "ignored" your life feels.
- Your "relationship" status.
- Whatever isn't in the "space" you're in.
- However you "understand" God.

Don't miss this...

Genuine thanks-giving creates actual thanks-living.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy). *MYRC.LINK/**CONNECT** or text **riverside** to **94000**



SMALL GROUP
guide on the back