



THANKS & GIVING

DEVELOPING A HEART OF GRATITUDE

Growing our Gratitude

- What stood out to you from last Sunday's teaching?
- Pastor Dave challenged us all to keep a gratitude journal during this season. Is anyone doing that? How is it going?
- Everyone answer: When you are going through something that is upsetting to you, how does it make you feel when someone tries to cheer you up by saying, "look on the bright side" or "count your blessings"?
 - What are the heart motives behind sayings like that?
 - Have you ever said things like this? What was your motive?
- Breakdown and define the word "Thanksgiving". What does it mean to give thanks?
 - What is it that makes gratitude a gift that you can give to someone?
 - What does it look like to make gratitude a way of life as opposed to something you do when you are given something?
- Read 1 Thessalonians 5:16-18
 - What are some steps you can take to move from thanksgiving to "thanksgiving"?
 - What is the difference between giving thanks *for* all circumstances and giving thanks *in* all circumstances?
 - How does giving thanks *in* all situations transform your attitude and perspective?
 - When you go through suffering and hard times, how can you move your heart toward giving thanks?
 - How do you think that God can use our gratitude not to cover up our pain but to encourage us in our pain?
- Share a time when God has been faithful to you during a very challenging season?
 - How is it encouraging to you to hear other's experiences with God's faithfulness?
 - What are some challenges that you are currently facing? What are some ways you can give thanks through this time?
- Pray a prayer of thanks in the midst of challenges.