



THANKS & GIVING

DEVELOPING A HEART OF GRATITUDE

Power of 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: Think about this question for a moment and then answer: How have you witnessed gratitude being a life transformation state of mind either in your own life or someone else's? How does gratitude change your life?
 - What prevents people from being thankful?
 - How does a heart of "non-thankfulness" change a person?
 - What are the spiritual, emotional, and physical benefits of being thankful?
 - How does gratitude place God above yourself? How does non-gratitude place yourself above God?
- Read Exodus 32:1-6
 - Taking into account the challenges that a budding nation would encounter, (they were in slavery in Egypt not long before Moses went up the mountain) what do you think is the problem created for the Israelites by Moses' prolonged absence?
 - Why do you think Aaron was so quick to give into the Israelites demands? Do you feel that he was in agreement with them? Why or why not?
 - It started as a lack of gratitude and gave way to fear... what was the result of Israel's actions?

As revealed, the rebellious ones violate several commands: the first command, "You shall have no other gods before me" (20:3). The second, "You shall not make for yourself an image and you shall not bow down to them or worship them" (vv 4-5). The third, "You shall not misuse the name of the LORD your God" (v 7); and perhaps the seventh, "You shall not commit adultery" (v 14) as suggested in revelry involving sex (32:6).
- How do people respond similarly today when God hasn't answered their prayer the way they want in the timeframe they want?
 - Have you ever tried this approach before? How did things turn out?
 - Have you ever thought about combating fear of what you don't have with gratitude concerning what you do have? What does that look like for you?
- Make a list of what you are thankful for that has the power to overcome your fear of lack?