

LIFEquestions

Your Story

- When was the last time you felt grateful? What caused it?

God's Story*:

Read the passages on the opposite page.

Take a slow look at the LIFEtexts (opposite) and consider these questions:

- What reasons are found in Psalm 100 for giving thanks?
- Do you think it is possible to 'give thanks' for these things, but not to actually *feel* grateful? If so, why, and what can we do about that?
- What effect does it have on us, if we approach God *with thanksgiving*?
- What is the connection between freedom from anxiety and thanksgiving (Philippians 4:6)? Can anyone share how this has been true for them?
- Ephesians 5:20 tells us to give thanks 'for everything'. How can we become attentive in everyday life, to things to be grateful for? What advice would you give a new Christian wanting to develop the habit of gratitude?
- 1 Thessalonians 5:16-18 instructs us to be thankful 'in all circumstances'. What are the challenges to being able to do that? How can they be overcome?
- What is the connection between being thankful and being joyful?

Your Story

- How do people in the group want to grow in gratitude?
- Pray together about these things - and give thanks!

* These questions are a guide only. Do not feel you have to cover them all. Do feel free to allow the conversation to develop in other directions, if it seems fruitful (and stays on the subject!). Do pray for one another.

Shout for joy to the Lord, all the earth.
Worship the Lord with gladness;
come before him with joyful songs.
Know that the Lord is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.
Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
For the Lord is good and his love endures
forever;
his faithfulness continues through all
generations.

Psalm 100

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6

And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

Ephesians 5:20

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:16-18

LifeSHAPE
live for God

LifeSTREAM
connect with God

LifeSOURCE
rooted in God

