



GRATITUDE

Gratitude | Remembering Not To Forget • Week # 1 • Nov. 18/19

Psalm 103 • 1 Thessalonians 5:16-18 • James 1:17-18

Opening: What are some of your family's Thanksgiving traditions? What is your favorite Thanksgiving food to eat, to bake or to cook?

Discussion:

In his message, Pastor Rick Glyman challenged us to *transform the lens* through which we look at our lives. We often establish patterns of looking at our past or future by rehashing or anticipating the worst, rather than seeing the goodness and love of God and others.

- What makes it hard for us to see that our *lens* may need transformation?
- Pastor Rick mentioned the postures we take as we look at our lives based on circumstances, observations and opinions. How does this idea of posture, help you think about ways your lens could be transformed?
- What spiritual practices might help you see these patterns or postures more clearly?
- How could your small group play a role in facilitating transformation for one another?

Read Psalm 103 *Forget not all of His benefits*

Pastor Rick encouraged us to spend intentional time considering and enjoying God's wonderful blessings.

- Which of the blessings from Psalm 103 especially touch your heart this year and why: forgiveness, healing, redemption or enduring satisfaction?
- What other blessings are you grateful for this year?

Read I Thessalonians 5:16-18 *Give thanks in all circumstances*

Pastor Rick referred to Thomas Brown's definition of gratitude: "*the delightful emotion of love, to him who has conferred a kindness on us, the very feeling of which is itself no small part of the benefit conferred.*"

- How do you think God feels when receiving our thanks and praise? Why?
- How does God's response fuel your desire to pray and express your thanks to Him?



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Scripture challenges us to give thanks in **all** circumstances.

- How readily do you give thanks in difficult circumstances?
- What can you be thankful for in the midst of those challenging times?

"If the constellations appeared only once in a thousand years, imagine what an exciting event it would be. But because they are there every night, we barely give them a look." Ralph Waldo Emerson

God is our Creator, Sustainer and Provider. He is merciful, just, gentle, good, transcendent, immanent, gracious and unchanging. He is so much more.

- What attribute of God's are you especially grateful for this year?

Practice of the Week:

Gratitude- to be sensitive to the Holy Spirit's prompting to live with a grateful heart.

- Express gratitude to others in words, notes and touches of affection
- Gratefully noticing God's presence and gifts throughout the day
- Practicing an *abundance* mentality; God's resources are unlimited

For further reading:

The Attributes of God by A. W. Tozer

The Attributes of God for Kids: a devotional for Parents and Kids (age 4-11) by Lydia White with Illustrations by Taylor Nelson