



-Find the Good-

Ice-Breakers:

- When do you grumble the most (in the car, paying bills, at work)? Why?

Questions:

1. Read Ephesians 5:19b-20 and Colossians 3:15b-17

- In what ways does Paul say we should express our thankfulness to God?
- How do you personally practice this?

2. Read Philippians 2:14-16a

- How does God view our ingratitude (or grumbling)?

3. *"More gratitude will not come from more acquisitions, but from more awareness of God's presence and God's goodness."*

- In what ways does the world contradict the above statement?
- Have you found this statement to be true? If so, share an example from your life.

4. Read I Thessalonians 5:16-18. This verse tells us to give thanks in all circumstances, not for all circumstances.

- Why do you think that is?
- What does this mean in practice?

5. *"The more I think I'm entitled to, the less I'll be grateful for."* How do you react to this statement? Is it something at which you will have to work?

6. Read Romans 8:28. *"I need to learn to be grateful for imperfect people and imperfect circumstances."* Based on Romans 8:28, how is it that we can be thankful in all circumstances, even though the circumstance itself may be bad?

Application:

- What stops us from being more grateful to God?
- What habits can we adopt to become more grateful to God?

1. Write a gratitude letter to somebody who has made an impact on your life. If possible, read it to them personally.

2. Like the Jews, practice saying 'benedictions' (prayers of thanksgiving to God) when you wake up in the morning – thanking God for all sorts of blessings in your life.

3. In a journal make a list of things and people you are thankful for today.

4. Take time at the end of the day to review your day with God.