



Grateful

Discussion Guide

During Thanksgiving week, we often ask the friends and family around the table to think about a few things for which they are genuinely grateful. Take time to do that before your holiday gathering. As you reflect on God's provision in these and other areas in your life, can you see (perhaps in hindsight) that He has always provided for you? Choose to give thanks, not only this week, but with your whole heart and life.

Jump Start

1. Share a time, when you received something, but you weren't pleased. Or maybe something amazing happened, but you could not see it, or you were actually ungrateful.
2. *When I am grateful, I have peace of mind.* Read [Philippians 4:6-7](#) and [Colossians 3:15](#). What must you put aside and what must you replace it with in order to have the peace of God? What does God want you to bring to Him? What is the result?
3. *Gratitude makes us more like Jesus.* Read [John 6:11](#), [John 11:41](#), and [1 Corinthians 11:24](#). We are called to follow the example Jesus gave us. According to these verses, giving thanks was not something Jesus did as a hollow custom before meal times—it was His way of life. In what ways can you make gratitude more of a way of living than just an occasional practice?
4. There are many benefits to living a joyful, thankful life. Read [Proverbs 17:22](#). What does the Bible say joy is? What about the opposite of joy? From physical to mental health, have you ever experienced the effects of joy or lack of it? Read [Ephesians 5:20](#) and [1 Thessalonians 5:18](#). How can you do your part to change your attitude?
5. *I must choose to give thanks in every circumstance.* The Bible repeatedly says, "Give thanks." Not just "be thankful" or "stay positive," but give thanks to God. This is an intentional, out loud response. Read [Psalm 9:1](#), [Psalm 103:2](#), and [1 Chronicles 16:34](#). When we make an effort to count our blessings, it can completely change our perspective on our circumstances. Have you ever had a situation where practicing intentional gratitude during a difficult moment or season has shifted your perspective? How can you see God's provision in your life even during times of adversity?

6. Final Thought: When we read the Psalm for grateful praise ([Psalm 100](#)), we are reminded to come before God joyfully, worshipfully, aware of Him as our Creator, and full of thanksgiving and praise because He has been so faithful to us. When we approach God, the Bible tells us to do it with thanksgiving and gratitude. He has been so good to us in ways both seen and unseen. This week, consider how you can approach God with this kind of awe-filled, joyful gratitude when you come to Him in prayer and worship. Now begin to make genuine thankfulness an ongoing part of your relationship with Him.

Deeper

Luke 17:11-19 (ESV)

11 On the way to Jerusalem he was passing along between Samaria and Galilee.

12 And as he entered a village, he was met by ten lepers, who stood at a distance

13 and lifted up their voices, saying, "Jesus, Master, have mercy on us."

14 When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed.

15 Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; **16** and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan.

17 Then Jesus answered, "Were not ten cleansed? Where are the nine? **18** Was no one found to return and give praise to God except this foreigner?"

19 And he said to him, "Rise and go your way; your faith has made you well."

7. Where does this event take place? Is the location significant?
8. What were the social repercussions of leprosy? The physical repercussions? What seems to be their attitude (vs 12, 13)? *They keep distance and show respect, and also their belief that He can heal.*
9. What do you feel / think about verse 14? Knowing your own personality, would you have turned back as the Samaritan did? Do you fault the others for not returning immediately?
10. Did Jesus find fault with them?
11. What was the reward in verse 19? Does it make you wonder about the other nine?