



Chapter Two

Part 9 – Thanks Giving Discussion Guide

If we want to follow Jesus and the example of the early Church, we have to be grateful. Though we struggle with being thankful, gratitude is good for our hearts and minds. The Bible teaches us how to live in that attitude of thanksgiving and center our minds and thanks on God. The resulting blessings are peace, joy, a closer relationship with Him, and answered prayer.

What you will need: A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted for you below are linked so that you can easily access them during your study time.

Jump Start

1. In this crazy year of 2020, it is crucial that we develop an attitude of thankfulness. List three things that you are truly grateful for this year.
2. **Read [Philippians 1:3-5](#)**. Are there people or partnerships in your life that really support you? Do they know how you feel about them? Why would it be important for you to express your feelings to God? What else does Paul do?
3. **Compare [Ephesians 5:20 and 1 Thessalonians 5:18](#) with [Numbers 11:4-6](#)**. Which mindset is your mindset: gratitude in all things and situations—or complaining, no matter what good is happening? How can you move towards contentment, thanksgiving, and trusting that this is God's will at this time?
4. **Read [Philippians 4:6-7, 11-13](#)**. Paul tells us not to be anxious, but to do what instead (vs 6)? What are the benefits (vs 7)? What does Paul say he has learned in all situations (vs 11-12)? What does he learn about himself and his abilities (vs 13)?
5. **Read [Luke 22:17-20](#)**. The basis of our attitude of thanks is found where? Jesus Himself thanked God for what He was about to face, even knowing He was about to die. He knew the Cross was before Him and yet, he still approached it in a posture of gratitude. How can you choose to remember the Lord's death and resurrection daily? What practical way will you pursue this week to a grateful attitude?

Deeper

TILL THE SOIL

What does it look like to cultivate gratitude? Think of gratitude as a tiller and your heart as the soil. The truth is that our hearts can become hard in places. And you can't grow with a hard heart. Gratitude breaks up the ground in our hearts and produces fertile soil for growth. When this happens, our hearts become softer and more responsive to the voice of the Father, which makes us more obedient to Him.

6. What hard areas of the heart might God be calling you to address?
7. In what ways could you cultivate more gratitude within your group? Be specific.
8. **Read [Matthew 5:1-12](#)** and reflect on what Jesus taught us concerning joy and thankfulness in all circumstances.

CHANGE YOUR MINDSET

"Happiness does not lead to gratitude. Gratitude leads to happiness."

- Benedictine monk David Steindl-Rast

PRAY

Spend time praising God for who He is (adoration) and thanking Him for what He has done (thanksgiving) in your life. Ask God to use gratitude to soften the hard areas of your heart and give you the right perspective and motivation to live for Him.