



Week Seven: How to Be Thankful – Study Guide

September 13, 2014

Are you thankful? It can be easy to give the credit for our blessings to someone, or something, other than God. But learning to recognize the provider of our blessings and return to God with gratitude allows us to experience the fullness of our relationship with Him. In this study, we will discuss the benefits of gratefulness, and identify key blessings we are thankful for.

Where Am I Today?

- 1) Do you think that people are naturally thankful to God? If not, why?

- 2) Do you know someone who is a very grateful person? What stands out to you about them?

Into the Bible

- 3) Re-read the account of the ten lepers in **Luke 17:11-19**. In verses 15 and 16 we see three important observations: he praised in a loud voice, he fell on his face, and he was a Samaritan. What is the significance of each? How do you see these characteristics in people whom you consider thankful?



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- 4) When we choose to be thankful in the same way that the leper was, it has a tremendous impact on our life from the inside out. Read **Philippians 4:6-7**. How does being thankful help us to experience the peace of God?

- 5) Although some people may not feel there is much in their lives to be thankful for, for the believer there is one thing we can always return to. Read **Colossians 1:11-14**. What is the one thing we can always express thanks for as Christians? How does that help us have perspective on our other blessings?

How Does This Apply?

- 6) As you have reflected on the weekly message and processed this idea today, share with the group some of the things you are most thankful for. Consider both good circumstances and seemingly bad circumstances alike.

- 7) We can certainly be thankful for blessings, not only outside of our group, but also within it. Take a moment as a group to share with each other some things you are thankful to the group for. Consider thanking someone personally for something they have done, said, or are.

Continue Learning on Your Own

- 8) This week, read **Psalms 107**. As you read, write down a list of things you can be thankful for based on the examples you see in the text. Allow the Holy Spirit to show you what each verse can mean to you and your gratitude.

