



We will explore The Power of Gratitude in our series entitled Thank You. Responding to God with gratitude brings about peace and joy that only He can provide. It is the cure for anxiety, worry and despair.

Week One: THE POWER OF GRATITUDE

Discussion Questions:

The following are based on the “My Application” Questions found in the bulletin this week. (Leader, urge your group members to attend worship—or watch the sermon online—and to spend time considering and answering those questions before coming to the group. This will produce a richer discussion time.)

- Share a time in your life when you responded poorly to something or someone. What might you have done differently?
- What are you currently facing that is robbing you of joy? In light of who Jesus is and what He has done, how might your perspective need to change?
- What remedy did Paul give for anxiousness? (See Philippians 4:6-7)
- Why should we respond to God with gratitude?
- In Philippians 4:8, Paul emphasizes that what you think about matters. How do your thoughts impact your mindset?

Application

How can I make thankfulness my “first response...”

1) ...to God for the circumstances he puts me in daily? What are the circumstances?

2) ...to the people that God puts in my life each day? Who are the people?

Prayer

- Think about the things that are extremely difficult for you to be thankful for. Take some time to thank God together for those things in prayer.
- Pray together and ask God to give you hearts to make thankfulness your “first response.”
- Pray about how you can BLESS people in your life who are far from God by expressing thanks to them for something they do.

Scripture Memory

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6