



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, fear, and despair.

Week Two: THANKFUL PEOPLE

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.)*

- Read Colossians 3:15-17
- How is experiencing Jesus as your blessing (singular) different from “counting your blessings” (plural)?
- How can each of these aspects of that blessing of Jesus produce gratitude in you?
 - The peace of Christ: the sense of harmony, calm, and well-being that comes from being in relationship with Jesus.
 - The word of Christ: the mental transformation that comes from giving the message of Christ “the run of your mind.”
 - The name of Christ: the alignment of your words and deeds with what Jesus would say and do.
- Do you think of gratitude as a natural response, or something that is learned and practiced?
- What would “practicing gratitude” look like? What can you do to practice gratitude this week?

Application

Follow these steps to “Practice Gratitude”? (*Realize that gratitude is directed toward God first, but don’t neglect people!*)

1. Recognize the positive
2. Identify the source of what’s positive
3. Express appreciation in words
4. Experience the joy that results

Prayer

- Think about the blessing of your relationship with Jesus. Take some time to express your gratitude in prayer.
- What other “blessings” do you enjoy? Thank God—the Giver of all good gifts—for these blessings, too.
- Pray about how you can BLESS people in your life who are far from God by expressing thanks to them for how they bless you. Don’t forget to do the same for the Christ-followers in your life.

Scripture Memory

*“And whatever you do, whether in word or deed,
do it all in the name of the Lord Jesus,
giving thanks to God the Father through him.”*

Colossians 3:17