



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 Three: TALKING MYSELF INTO 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.)*

- What are the top three things you love most but also take for granted?
- Read Psalm 103. Are any of your “things” listed by the psalmist?
- Examine James 1:16-18. How have you seen God provide these gifts in your life? Be specific.
- Would you say you are “trying” or “training” when it comes to expressing gratitude? What would you like to be true about yourself? What simple step could you take immediately to enter “training” for gratitude?
- What will you do this week to celebrate Jesus and His goodness to you?

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

“Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits.”

Psalm 103:1-2