

"Gratitude Adjustment"

1. The Psalms repeatedly call on us to "Give thanks to the LORD, for he is good." In the New Testament, we are told that thanksgiving ought to permeate our lives (e.g., Ephesians 5:20). Why do you think that thankfulness is so central to a healthy life before God?

What results when thanksgiving is absent from our lives? After discussing this question for a few minutes, read Deuteronomy 8:10–18 and Romans 1:21–25. What do these passages add to your answer?

2. A fellow believer tells you that Scripture's command to "give thanks in all circumstances" (1 Thessalonians 5:18) is a form of denial. Life is full of injustice and pain, and not all circumstances call for thankfulness. What is your response?
3. An old hymn advises, "Count your many blessings, name them one by one, and it will surprise you what the Lord has done." What activities help us remember our blessings? See how many such activities the group can list in five minutes.
4. What two or three blessings are you particularly thankful for right now?

Recurring Questions

- » How have you seen God working in your life or the lives of those around you this week?
- » What prayer requests would you like to share with the group, including prayer for any spiritual struggles you may be experiencing?