

Study Guide
Thanksgiving 2023
Pastor Bobby Davis

Psalms 100:4 (NKJV) – “Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.”

What was the last thing you thanked God for?

What do you thank God for the most?

Jesus said out of the abundance of the heart, the mouth speaks. What comes out of our mouths will reveal what our hearts are full of.

Based on what comes out of your mouth, what is your heart full of?

Read Psalms 107:21-22.

What does this verse say that thanksgiving is?

Thanksgiving is not denying; thanksgiving is defying! Thanksgiving is not denying all the bad that is going on in our lives; thanksgiving is defying the natural response to those bad things. Thanksgiving is about relying on a good God who is above this world and everything in it.

What is your first response when bad things happen?

What are some things that cause you to become hateful and ungrateful?

We’re all full of something. We’re either full of thanks or complaints. The Israelites journey to the promised land was only a twelve-day journey, but it took them over 40 years, and if you read why, it was because of their complaining.

Do you spend more time giving thanks or complaining?

If we complain, we remain. We can’t pout our way out. Although incarcerated, Paul and Silas made sure God was still appreciated, and in return, they were liberated.

Has there been a time in which you had trouble and thanked God in the midst of difficulty?

Read Psalms 50:14 and Jonah 2:9-10.

What do these verses tell us to pay?

Thanksgiving is how we pay our vows to God. In addition to having an attitude of gratitude, we can develop an aptitude for gratitude.

I Thessalonians 5:16-18 (NKJV) – Rejoice always, pray without ceasing, “in everything give thanks; for this is the will of God in Christ Jesus for you.”

It’s our choice to rejoice! We don’t have to give thanks for everything, but we can give thanks in everything. This is how we cultivate an aptitude for gratitude.

Thanksgiving is not something that comes natural for us, but it does bring supernatural results. Thanksgiving is a spiritual exercise and like all other kinds of exercise, it must be intentional.

Discuss why you think it is so much easier to complain than to proclaim thankfulness.

When we exercise thanksgiving, it brings spiritual health. When we have an attitude of gratitude and develop an aptitude for gratitude, we will experience the altitude of gratitude. Gratitude will elevate us; it will lift us up!

Describe ways in which gratitude improves your attitude.

Read John 6:5-13.

Compare and contrast the responses from the disciples and Jesus.

Gratitude helps us in the natural, but it also brings the supernatural. The disciples were complaining about the not enough; however, Jesus gave thanks to His Father who was more than enough and the not enough became more than enough (the altitude of gratitude).

How often do you gripe or complain about the not enough?

How often do you give thanks for the not enough?

Gratefulness and ungratefulness are both powerful forces in our lives. Gratitude brings altitude; it will elevate. Ingratitude will depreciate. When ingratitude begins to fill our heart, everything will become dark.

When do you find yourself being the most ungrateful?

Our focus determines whether we are grateful or hateful. Ungratefulness focuses more on what’s wrong than on what’s right. Thankfulness focuses more on what’s right than on what’s wrong.

Do you tend to focus more on what’s wrong or what’s right?

Does gratitude describe your attitude towards life?

Call to Action: We want to challenge you!!! To showcase gratitude, we want to challenge you to list 3 things every day that you are grateful for. Do this for at least one week and share the impact this has on your overall attitude.