

**GRACE**

**Philippians 4:4-8**

How did God speak to you through Sunday's message?

1. Discuss the meaning of gratitude.

What good does gratitude do? See if the group can come up with at least 5 effects of thanksgiving or gratitude.

2. Read v6-7. Why would Paul ask us to bring everything to God by prayer and petition "with thanksgiving" before our prayers are answered?

Consider also 1 Thessalonians 5:16-18.

3. Why is gratitude or thanksgiving important for us to express to our heavenly Father even if anxiety is a condition that leads us to pray?
4. Gratitude acknowledges generosity—it sees, detects, and appreciates God's grace. Is a grateful person more likely to be a generous person? Why or why not?
5. In Philippians 4:4-8, pick out one thing that Paul directly or indirectly tells us about God and why it makes you grateful.